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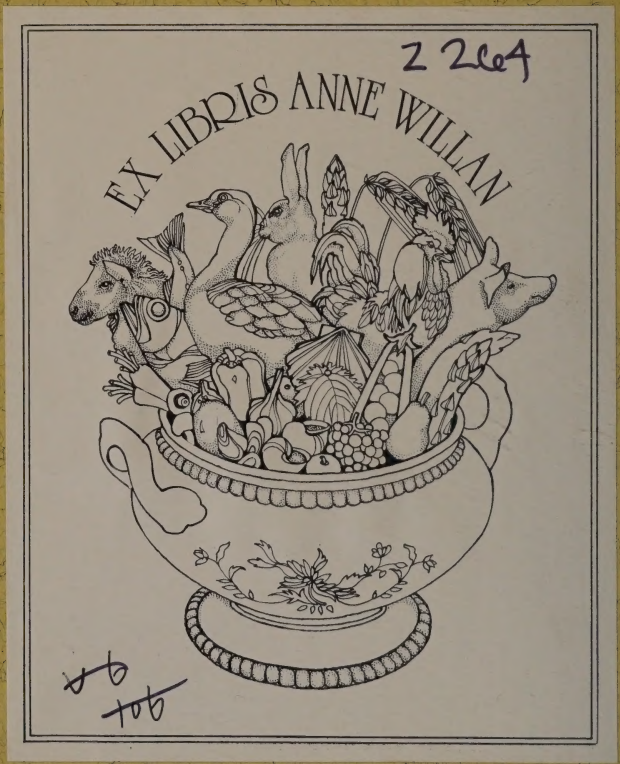

THE ENGLISH HOUS-WIFE,

CONTAINING

The inward and outward Vertues which ought to be in a compleat Woman:

As her skill in Phyſick, Surgery, Cookery, Extraction of Oyls, Banquetting ſtuff, Ordering of great Feaſts, Preſerving of all ſorts of Wines, conceited Secrets, Diſtillations, Perfumes, ordering of Wool, Hemp, Flax: making Cloth and Dying; the knowledge of Dayries: Office of Malting; Of Oats, their excellent uſes in a Family: Of Brewing, Baking, and all other things belonging to an Houſhold.

A Work generally approved, and now the Eighth time much augmented, purged, and made moſt profitable and neceſſary for all men, and the generall good of this *NATION.*

By G. M.

LONDON

Printed by *W. Wilſon*, for *George Sawbridge*, at the Bible on Ludgate-hill near Fleet-Bridge. 1664.

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Of Oats, their excellencies in a Family: Of Brewing, Baking, and other things belonging to an Houshold.

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TO THE RIGHT

HONOURABLE

And most Excellent Lady,

FRANCES, Countesse Dowager of *EXETER*.

HOwsoever, (Right Honourable and most vertuous Lady) this Book may come to your Noble goodnes cloathed in an old name or garment, yet doubtles, (Excellent Madam) it is full of many new vertues, which will ever admire and serve you; and though it can add nothing to your own rare and unparalleled knowledge, yet may it to those noble good ones (which will indeavour any small spark of your imitation) bring such a light as may make them shine with a great deal of charity. I do not assume to my self, (though I am not altogether ignorant in ability to judge of these things) the full intention, and scope of this whole work: For it is true, (great Lady,) that much of it was a Manuscript, which many years agone be-

longed to an Honourable Countesse, one of the greatest Glories of our Kingdome, and were the opinions of the greatest Physicians which then lived; which being now approved by one not inferiour to any of the profession, I was the rather imboldned to send it to your blessed hand, knowing you to be a Mistress so full of Honourable piety and goodness, that although this imperfect offer may come unto you weak and disable, yet your noble vertue will support it, and make it so strong in the world, that I doubt not but it shall do service to all those which will serve you, whilst my self and my poor praiers shall to my last gasp labour to attend you.

The true admirer of your
Noble vertues,

Gervase Markham.

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THE

THE APPROVED

BOOK

CALLED THE

ENGLISH HOUS-WIFE,

CONTAINING

All the vertuous Knowledges and Actions, both of Mind and Body, which ought to be in any compleat House-wife, *of what degree or calling soever.*

The Second BOOK.

CHAP. I.

Of the inward vertues of the mind, which ought to be in every Housewife. And first of her general knowledges both in Physick and Surgery, with plain approved medicines for health of the Houshold; also the extraction of excellent Oyles fit for those purposes.

HAving already in a summary briefness passed through those outward parts of Husbandry, which belong unto the perfect Husbandman, who is the Father and Master of the Family, and whose Office and imployments are ever for the most part abroad, or removed from the house, as in the Field or Yard: It is now meet, that we descend in as orderly a Method as we can, to the office of our *English House-wife*, who is the Mother and Mistresse of

the family, and hath her moſt general imployments within the houſe; where from the general example of her vertues, and the moſt approved skill of her knowledges, thoſe of her Family, may both learn to ſerve God, and ſuſtain man in that godly and profitable ſort, which is required of every true Chriſtian.

A Houſ-wife muſt be religious.

Firſt then to ſpeak of the inward Vertues of her mind, ſhe ought, above all things, to be of an upright and ſincere Religion, and in the ſame both zealous and conſtant, giving by her example, an incitement, and ſpur unto all her Family to purſue the ſame ſteps, and to utter forth by the inſtruction of her life, thoſe vertuous fruits of good living, which ſhall be pleaſing both to God and his creatures. I do not mean that herein ſhe ſhould utter forth that violence of ſpirit, which many of our (vainly accounted pure) women do, drawing a contempt to the ordinary Miniſtry, and thinking nothing lawfull but the fantaſies of their own invention, uſurping to themſelves a power of preaching and interpreting the holy word, to which only they ought to be but hearers and beleevers, or at the moſt but modeſt perſwaders; this is not the office either of good Houſe-wife, or good woman. But let your Engliſh Houſe-wife be a godly, conſtant, and Religious woman, learning from the worthy Preacher and her Husband, thoſe good examples which ſhe ſhall with all carefull diligence ſee exerciſed amongſt her Servants.

In which practice of hers, what particular Rules are to be obſerved, I leave her to learn of them who are profeſſed Divines, and have purpoſely written of this argument; only thus much will I ſay, which each ones experience will teach him to be true, that the more carefull the maſter and miſtriſs are to bring up their ſervants in the dayly exerciſes of Religion toward God, the more faithfull they ſhould find them in all their buſineſſes towards men, and procure Gods favour the more plentifully on all the Houſhold: And therefore a ſmall time, morning and evening beſtowed in Prayers, and other exerciſes of Religion, will prove no loſt time at the weeks end.

She muſt be temperate.

Next unto her ſanctity and Holineſſe of life, it is meet that

that our Engliſh Houſe-wife be a woman of great modeſty and temperance, as well inwardly as outwardly: Inwardly, as in her behaviour and carriage towards her husband, wherein ſhe ſhall ſhun all violence of rage, paſſion and humour, coveting leſs to direct than to be directed, appearing ever unto him pleaſant, amiable, and delightfull: And, though occaſion of miſhaps, or the miſ-goverument of his will, may induce her to contrary thoughts, yet vertuouſly to ſuppreſs them, and with a mild ſufferance, rather to call him home from his error, than with the ſtrength of anger to abate the leaſt ſpark of his evil; calling into her mind, that evil and uncomely language is deformed, though uttered even unto ſervants, but moſt monſtrous and ugly when it appeares before the preſence of a Huſband: Outwardly, as in her apparel and dyet, both which ſhe ſhall proportion according to the competency of her Husbands eſtate and calling, making her circle rather ſtrait than large: For it is a rule, if we extend to the uttermoſt, we take away increaſe; If we go a hairs bredth beyond, we enter into conſumption: But if we preſerve any part, we build ſtrong forts againſt the adverſaries of fortune, provided that ſuch preſervation be honeſt and conſcionable: For as laviſh prodigality is bruitiſh, ſo miſerable covetouſneſs is helliſh. Let therefore the Houſe-wifes garments be comely and ſtrong, made as well to preſerve the health, as to adorn the perſon, altogether without toyiſh garniſhes, or the gloſs of light colours, and as far from the vanity of new and fantaſtick faſhions, as neer to the comely imitation of modeſt matrons. Let her dyet be wholſome and cleanly, prepared at due hours, and cookt with care and diligence: let it be rather to ſatisfie nature, than our affections, and apter to kill hunger than to revive new appetites; let it proceed more from the proviſion of her own yard, than the furniture of the Markets; and let it be rather eſteemed for the familiar acquaintance ſhe hath with it, than for the ſtrangeneſs and rarity it bringeth from other Countries.

Of her Garments.

Of her Dyet.

To conclude, our Engliſh Houſwife muſt be of chaſte thought, ſtout courage, patient, untyred, watchfull, diligent, witty, pleaſant, conſtant in friendſhip, full of good Neighbour-hood, wiſe in Diſcourſe, but not frequent therein, ſharp and quick

Her general Verrues.

of speech, but not bitter or talkative, secret in her affairs, comfortable in her counsels, and generally skilfull in the worthy knowledges which do belong to her vocation: Of all, or most whereof, I now in the ensuing discourse intend to speak more largely.

Of her vertues Of her knowledge in Physick.

To begin then with one of the most principal vertues which do belong to our English Hous-wife; you shall understand, that sith the preservation and care of the Family touching their health and soundness of body, consisteth most in the diligence of her, it is meet that she have a Physical kind of knowledge, how to administer many wholsome receipts or medicines for the good of their healths, as well to prevent the first occasion of sickness, as to take away the effects and evil of the same, when it hath made seizure on the body. Indeed we must confess that the depth and secrets of this most excellent Art of Physick, are far beyond the capacity of the most skilfull woman, as lodging only in the breast of learned professors; yet that our Hous-wife may from them receive some ordinary rules and medicines, which may avail for the benefit of the Family, is (in our common experience) no derogation to that worthy Art. Neither do I intend here to load her mind with all the Symptomes, accidents, and effects which go before or after every sickness, as though I would have her to assume the name of a Practitioner; but only relate unto her some approved medicines, and old Doctrines which have been gathered together, by two excellent and famous Physicians, and in a Manuscript given to a great and worthy Countess of this Land (for far be it from me to attribute this goodness unto mine own knowledge) and delivered by my common and ordinary experince, for the curing of those ordinary sicknesses which dayly perturb the health of men and women.

Dr. Burker. Dr. Bomelius.

Of Feavers in general.

First then to speak of Feavers or Agues; The Hous-wife shall know these kinds thereof, which are most familiar and ordinary, as the *Quotidian* or dayly Ague, the *Tertian* or every other dayes ague, the *Quartane* or every third dayes ague, the Pestilent, which keepeth no order in his fits, but is more dangerous and mortal: And lastly, the accidental *Feaver*, which proceedeth from the receipt of some wound, or other painfull Perturbation of

of the ſpirits. There be ſundry other Feavers, which comming from Conſumptions, and other long continued ſickneſſes, do altogether ſurpaſs our Houſ-wife's capacity.

Of the quotidian.

First for the *Quotidian* (whoſe fits alwayes laſt above twelve hours) you ſhall take a new laid egg, and opening the crown, you ſhall put over the white; then fill up the ſhell with good *Aquavitæ*, and ſtir it and the yolk very well together, and then as ſoon as you feel your cold fit begin to come upon you, ſup up the egg, and either labour till you ſweat, or elſe laying great ſtore of cloaths upon you, put your ſelf in a ſweat in your bed; and thus do while your fits continue; and for your drink, let it be only poſſet Ale.

Of the ſingle Tertian.

For a ſingle *Tertian* Feaver, or each other dayes ague, take a quart of poſſet ale, the curd being well drained from the ſame, and put thereunto a good handfull of *Dandelion*; and then ſetting it upon the fire, boyl it till a fourth part be conſumed, then as ſoon as your cold fit beginneth, drink a good draught thereof, and then either labour till you ſweat, or elſe force your ſelf to ſweat in your bed; but labour is much the better, provided that you take no cold after it, and thus do while your fits continue, and in all your ſickneſs, let your drink be poſſet-ale, thus boyled with the ſame herb.

Of the accidentall Feaver.

For the accidentall Feaver, which commeth by means of ſome dangerous wound received, although for the moſt part it is an ill ſign, if it be ſtrong and continuing, yet many times it abateth, and the party recovereth when the wound is well tended and comforted with ſuch ſeverall balms, and hot oyls as are moſt fit to be applyed to the member ſo grieved or injured: Therefore in this Feaver you muſt reſpect the wound from whence the accident doth proceed, and as it recovereth ſo ſhall you ſee the Feaver waſt and diminiſh.

Of the Feaver hectique.

For the *Hectique* Feaver, which is alſo a very dangerous ſickneſs, you ſhall take the oyl of Violets, and mix it with a good quantity of the powder of white *Poppy-ſeed* finely ſearſt, and therewith anoint the ſmall and reins of the parties back, evening and morning; and it will not only give eaſe to the Feaver, but alſo purge and cleanſe away the dry ſcalings, which is ingendred either by this, or any other Feaver whatſoever.

For the quartan & for any feaver.

For any feaver whatſoever, whoſe fit beginneth with a cold, Take a ſpoonfull and a half of Dragon water, a ſpoonfull of Roſe-water, a ſpoonfull of running water, a ſpoonfull of *Aquavitæ*, a ſpoonfull of Vinegar; and half, a ſpoonfull of *Methridate*, or leſs, and beat all theſe well together, and let the party drink it before his fit begin.

It is to be underſtood, that all feavers of what kind ſoever they be, and theſe infectious diſeaſes, as Peſtilence, Plague, and ſuch like, are through the inflammation of the blood, infinitely much ſubject to drought; ſo that, ſhould the party drink ſo much as he deſired, neither could his body contain it, nor could the great abundance of drink do other than weaken his ſtomach, and bring his body to certain deſtruction.

Of thirſt in feaver.

Wherefore when any man is ſo overpreſſed with deſire of drink, you ſhall give him, at convenient times, either poſſet-ale made with cold herbs, as Sorrel, Purſlin, Violet-leaves, Lettice, Spinnage and ſuch like, or elſe a Julip made as hereafter, in the peſtilent feaver, or ſome Almond milk; and betwixt thoſe times, becauſe the uſe of this drink will grow wearieſome and loathſome to the patient, you ſhall ſuffer him to gargle in his mouth good wholſome Beer or Ale, which the patient beſt liketh, and having gargled it in his mouth, to ſpit it out again, and then to take more: and thus to do as oft as he pleaſeth, till his mouth be cooled; provided that by no means he ſuffer any of the drink to go down: and this will much better aſſwage the heat of his thirſt, then if he did drink; and when appetite deſireth drink to go down, then let him take either his Julip or his Almond-milk.

For any ague ſore.

To make a pultis to cure any ague-ſore, take elder leaves, and ſeeth them in milk till they be ſoft, then take them up and ſtrain them, and then boyl it again till it be thick, and ſo uſe it to the ſore as occaſion ſhall ſerve.

The quartane Feaver.

For the Quartan Feaver, or third day ague, which is of all Feavers the longeſt laſting, and many times dangerous Conſumptions, black Jaundies, and ſuch like mortal ſickneſſes follow it: You ſhall take Methridate, and ſpread it upon a Lemon ſlice, cut of a reaſonable thickneſs, and ſo as the Lemon be

be covered with the Methridate; then bind it to the pulſe of the ſick mans wriſt of his arm, about an hour before his fit doth begin; and then let him go to his bed made warm, and with hot cloaths laid upon him, let him try if he can force himſelf to ſweat; which if he do, then half an hour after he hath ſweat, he ſhall take hot poſſet-ale brewed with a little Methridate, and drink a good draught thereof, and reſt till his fit be paſſed over: But if he be hard to ſweat, then with the ſaid poſſet-ale, alſo you ſhall mix a few bruiſed Aniſeeds, and that will bring ſweat upon him: And thus you ſhall do every fit, till they begin to ceaſe, or that ſweat come naturally of its own accord, which is a true and manifeſt ſign that the ſickneſs decreaſeth. To make a ſweat.

For the Peſtilent Feaver, which is a continuall ſickneſs full of infection and mortality, you ſhall cauſe the party firſt to be let blood, if his ſtrength will bear it: Then you ſhall give him cool Julips made of Endive or Succory-water, or the ſyrop of Violets, conſerve of Barberies, and the juice of Lemons well mixed and ſymbolized together. The peſtilent feaver.

Alſo you ſhall give him to drink Almond-milk, made with the decoction of cool herbs, as Violet-leaves, Strawberry-leaves, French-mallows, Purſlin, and ſuch like; and if the parties mouth ſhall, through the heat of his ſtomach, or liver, inflame, or grow ſore, you ſhall waſh it with the ſyrrup of Mulberries, and that will not only heal it, but alſo ſtrengthen his ſtomach. If (as it is moſt common in this ſickneſs) the party ſhall grow coſtive, you ſhall give him a ſuppoſitory made of honey, boyled to the height of hardneſs, which you ſhall know by cooling a drop thereof, and ſo if you find it hard, you ſhall then know the honey is boyled ſufficiently; then put ſalt to it, and ſo put it in water, and work it into a roul in manner of a ſuppoſitory, and adminiſter it, and it moſt aſſuredly bringeth no hurt, but eaſe to the party, of what age or ſtrength ſoever he be: during his ſickneſs you ſhall keep him from all manner of ſtrong drinks, or hot ſpices, and then there is no doubt of his recovery.

To preſerve your body from the infection of the Plague, you ſhall take a quart of old Ale, and after it hath riſen upon A preſervation againſt the plague.

the fire, and hath been scummed, you shall put thereinto of *Aristolochia longa*, of *Angelica*, and of *Celandine*, of each half a handfull, and boyl them well therein; then strain the drink through a clean cloath, and dissolve therein a dram of the best *Mithridate*, as much *Ivory* finely powdred and searst, and six spoonfulls of *Dragon*-water; then put it up into a close-glass, and every morning fasting, take five spoonfulls thereof, and after bite and chaw in your mouth, the dried root of *Angelica*, or smell on a nosegay, made of the taffeld end of a ship rope, and they will surely preserve you from infection.

For infection of the plague. But if you be infected with the plague, and feel the assured signs thereof, as pain in the head, drought, burning, weakness of stomach, and such like: Then you shall take a dram of the best *Methridate*, and dissolve it in three or four spoonfulls of *Dragon*-water, and immediately drink it off, and then with hot cloaths or bricks made extream hot, and laid to the soles of your feet, after you have been wrapt in woollen-cloaths, compell your self to sweat; which if you do, keep your self moderately therein, till the sore begin to rise; then to the same apply a live Pidgeon cut in two parts, or else a plaister made of the yolk of an egg, honey, herb of grace chopt exceeding small, and wheat flower, which in very short space will not only ripen, but also break the same without any other incision; then after it hath run a day or two, you shall apply a plaister of *Melilot* unto it, untill it be whole.

For the Pestilence. Take *Fetherfew*, *Maleſ-lot*, *Scabious*, and *Mugwort*, of each a like, bruise them and mix them with old Ale, and let the sick drink thereof six spoonfulls, and it will expell the corruption.

Another. Take *Yarrow*, *Tansie*, *Fetherfew*, of each a handfull, and bruise them well together, then let the sick party make water in the herbs, then strain them, and give it the sick to drink.

A preservation against the pestilence. Take of *Sage*, *Rue*, *Brier leaves*, or *Elder-leaves*, of each an handfull; stamp them and strain them with a quart of white-wine, and put thereto a little Ginger, and a good spoonfull of the best *Treacle*, and drink thereof morning and evening.

Take

Take *Smallage*, *Mallows*, *Wormwood* and *Rue* ſtamp them well together, and fry them in *Oyl-Olive*, till they be thick; plaiſter-wiſe apply it to the place where you would have it riſe, and let it ly untill it break; then to heal it up, take the juice of *Smallage*, *Wheat-flower*, and Milk, and boyl them to a pultis, and apply it morning and evening till it be whole. How to draw the Plague down to any place you will.

Take of *Burrage*, *Langdebeef*, and *Calamint*, of each a good handfull, of *Harts-tongue*, *Red-mint*, *Violets*, and *Marigolds*, of each half a handfull; boyl them in white-wine, or fair running water; then add a penni-worth of the beſt *Saffron*, and as much *Sugar*, and boyl them over again well, then ſtrain it into an earthen pot, and drink thereof morning and evening, to the quantity of ſeven ſpoonfulls. A Cordial for any infection at the heart.

Take *Lineſeed* and *Lettice*, and bruiſe it well, then apply it to the ſtomack and remove it once in four hours. Againſt too violent ſweating.

For the Head-ach, you ſhall take of *Roſe-water*, of the juice of *Camomil*, of *Womans-milk*, of ſtrong *Wine-vinegar*, of each two ſpoonfulls; mix them together well upon a chaffing-diſh of coals: then take a piece of dry *Roſe-cake*, and ſteep it therein, and as ſoon as it hath drunk up the liquor, and is throughly hot, take a couple of found *Nutmegs*, grated to powder, and ſtrew them upon the *Roſe-cake*, then breaking it into two parts, bind it on each ſide, upon the temples of the head, ſo let the party lie down to reſt, and the pain will in a ſhort ſpace be taken from him. For the head-ach.

For *Frenzy*, or inflammation of the cauls of the brain, you ſhall cauſe the juice of *Beets* to be with a Syringe ſquirted up into the patients noſtrils, which will purg and cleanſe his head exceedingly; and then give him to drink Poſſet-ale, in which *Violet*-leaves and *Lettice* hath been boyled, and it will ſuddainly bring him to a very temperate mildneſs, and make the paſſion of the Frenzy forſake him. For the Frenzy.

For the *Lethargy*, or extream drowſineſs, you ſhall by all violent means, either by noiſe or other diſturbances, force perforce keep the party from ſleeping; and whenſoever he calleth for drink, you ſhall give him white-wine and *Iſop* water, of each a little quantity mixt together, and not ſuffer him to ſleep For the Lethargy.

ſleep above four hours in four and twenty, till he come to his former wakefulneſs; which as ſoon as he hath recovered, you ſhall then forthwith purge his head with the juice of *Beets* ſquirted up into his noſtrils, as it is before ſhewed.

To provoke ſleep. But if any of the family be troubled with too much watchfullneſs, ſo that they cannot by any means take reſt; then to provoke the party to ſleep, you ſhall take of *Saffron*, a Dram dried and beaten to powder, and as much *Lettice-ſeed* alſo dryed and beaten to powder, and twice as much *Poppy-ſeed* beaten alſo to powder; and mix theſe with womans-milk, till it be a thick ſalve, and then bind it to the temples of the head, and it will ſoon cauſe the party to ſleep, and let it ly on not above four hours.

For the ſwimming of the head. For the ſwimming or dizzing in the head you ſhall take of *Agnus-caſtus*, of *Broom-wort*, and of *Camomile* dried, of each two drams mixt with the juice of *Ivy*, oyl of Roſes, and white-wine, of each a like quantity, till it come to a thick ſalve; and then bind it to the temples of the head, and it will in ſhort ſpace take away the grief.

For the palſie. For the Apoplexy or Palſie, the ſtrong ſcent or ſmell of a Fox is exceeding ſoveraign, or to drink every morning half a pint of the decoction of Lavender, and to rub the head every morning and evening exceeding hard, with a very clean courſe cloath, whereby the humours may be diſſolved and diſperſt into the outward parts of the body: by all means for this infirmity, keep your feet ſafe from cold and wet, and alſo the nape of your neck; for from thoſe parts it firſt getteth the ſtrength of evill and avoidable pains.

For a new cough. For a cough or cold but lately taken, you ſhall take a ſpoonfull of Sugar finely beaten and ſearſt, and drop into it of the beſt *Aquavitæ*, untill all the Sugar be wet through, and can receive no more moiſture: Then being ready to lye down to reſt, take and ſwallow the ſpoonfull of Sugar down, and ſo cover you warm in your bed, and it will ſoon break and diſſolve the cold. But if the cough be more old and inveterate, and more inwardly fixt to the lungs, take of the powder of Betony, of the powder of Carraway-ſeeds, of the powder of Shervit dried, of the powder of *Hounds-tongue*, and of *Pepper* finely

For an old cough.

beaten

beaten, of each two drams, and mingle them well with clarified *Honey*; make an electuary thereof and drink it morning and evening for nine dayes together; then take of *Sugar-candy*, coorſly beaten, an ounce of *Licoras* finely pired and trimmed, and cut into very little ſmall ſlices; as much of *Aniſeeds*, and *Coriander ſeeds*, half an ounce; mix all theſe together, and keep them in a paper in your pocket, and ever in the day time when the cough offendeth you, take as much of this dredg as you can hold between your thumb and fingers, and eat it, and it will give eaſe to your grief: And in the night when the cough taketh you, take of the juice of *Licoras*, as much as two good barley-corns, and let it melt in your mouth, and it will give you eaſe.

For the falling ſickneſs.

Although the falling ſickneſs be ſeldome or never to be cured, yet if the party which is troubled with the ſame, will but morning and evening, during the wane of the moon, or when ſhe is in the ſign *Virgo*, eat the berries of the herb *Aſterton*, or bear the herbs about him next to his bare skin, it is likely he ſhall find much eaſe, and fall very ſeldome, though this medicine be ſomewhat doubtfull.

For the falling evil.

For the falling evil; take, if it be a man, a female *mole*; if a woman a male *mole*, and take them in *March*, or elſe *April*, when they go to the Buck; then dry it in an oven, and make powder of it whole as you take it out of the earth, then give the ſick perſon of the powder to drink evening and morning for nine or ten dayes together.

An Oyl to help hearing.

To take away deafneſs, take a gray Eel with a white belly, and put her into a ſweet earthen pot quick, and ſtop the pot very cloſe with an earthen cover, or ſome ſuch hard ſubſtance: then dig a deep hole in a horſe-dunghill, and ſet it therein, and cover it with the dung, and ſo let it remain for a fortnight, and then take it out and clear out the oyl which will come of it, and drop it into the imperfect ear, or both, if both be imperfect.

For the Rhume.

To ſtay the flux of the Rhume, take Sage and dry it before the fire, and rub it to powder; then take bay-ſalt and dry it, and beat it to powder, and take a Nutmeg and grate it, and mix them altogether, and put them in a long linnen bag; then heat it upon a tile ſtone, and lay it to the nape of the neck.

For

For a stinking breath. For a stinking breath, take Oak buds when they are new budded out, and distil them, then let the party grieved nine mornings, and nine evenings, drink of it; then forbear a while, and after take it again.

A vomit for ill breath. To make a vomit for a strong stinking breath, you must take of *Antimonium* the weight of three barley corns, and beat it very small, and mix it with conserve of Roses, and give the Patient to eat in the morning, then let him take nine dayes together the juice of Mints and Sage, then give him a gentle purgation, and let him use the juice of Mint and Sage longer. This Medicine must be given in the Spring of the year; but if the infirmity come for want of digestion in stomach, then take *Mints*, *Marjoram* and *Wormwood*, and chop them small and boyl them in *Malmsie* till it be thick, and make a plaister of it, and lay it to the stomach.

For the tooth-ach. For the *Tooth-ach*, take a handfull of *Daisie-roots*, and wash them very clean, and dry them with a cloath, and then stamp them: and when you have stamped them a good while, take the quantity of half a nut-shel full of bay-salt, and strew it amongst the roots, and when they are very well beaten, strain them through a clean cloath; then grate some *Calamus Aromaticus*, and mix it good and stiff with the juice of the roots, and when you have done so, put it into a quill, and snuff it up into your nose, and you shall find ease.

Another. Another for the *Tooth-ach*, take *Sage*, *Rue*, *Smallage*, *Fetherfew*, *Wormwood*, and *Mints*, of each of them half a handfull, then stamp them well all together, putting thereto four drams of *Vinegar*, and one dram of *Bay-salt*, with a penny-worth of good *Aquavitæ*, stir them all well together; then put it between two linnen clouts, of the bigness of your cheek, temples, and jaw, and quilt it in a manner of a coorse imbroydery: Then set it upon a chaffing-dish of coals, and as hot as you may abide it, lay it over the side where the pain is, and lay you down upon that side, and as it cools warm it again, or else have another ready warm to lay on.

A drink for a pearl in the eye. To make a drink to destroy any pearl or film in the eye: take a good handfull of Marigold plants, and a handfull of Fennel, as much of May-weed; beat them together, then strain them with a pint

pint of beer, then put it into a pot and ſtop it cloſe, that the ſtrength may not go out: Then let the offended party drink thereof when he is in bed, and lye on that ſide on which the pearl is, and likewiſe drink of it in the morning next his heart when he is riſen.

For pain in the eyes, take Milk when it comes new from the Cow, and having filled it into a clean veſſel, cover it with a pewter diſh, and the next morning take off the diſh, and you ſhall ſee a dew upon the ſame; with that dew waſh the pained eyes, and it will eaſe them. For pain in the eyes.

For dim eyes, take Wormwood beaten with the gall of a Bull, and then ſtrain it, and anoint the eyes therewith, and it will clear them exceedingly. For dim eyes.

For ſore eyes, or blood-ſhotten eyes: take the white of an egg beaten to oyl, as much Roſe water, and as much of the juice of Houſleek, mix them well together, then dip flats, pleagants therein, and lay them upon the ſore eyes, and as they dry, ſo renew them again and wet them; and thus do, till the eyes be well. For ſore eyes.

For watry eyes, take the juice of *Affodill*, *Mirrhe*, and *Saffron* of each a little, and mix it with twice ſo much white wine, then boyl it over the fire, then ſtrain it and waſh the eye therewith, and it is a preſent help. For watery eyes.

For a Canker, or any ſore mouth; take Chervile and beat it to a ſalve with old Ale and Allom water, and anoint the ſore therewith, and it will cure it. For a Canker.

For any ſwelling in the mouth, take the juice of Wormwood, Camomil, and Sherwit, and mix them with hony, and bath the ſwelling therewith and it will cure it. A ſwelled mouth.

For the Quinſie or Squinancy, give the party to drink the herb *Mouſ-ear* ſteept in ale or beer, and look where you ſee a Swine rub himſelf, and there upon the ſame place rub a ſleight-ſtone, and then with it ſleight all the ſwelling, and it will cure it. For the quinſie.

If you would not be drunk, take the powder of Bettony and Coleworts mixt together; and eat it every morning faſting, as much as will lye upon a ſix pence, and it will preſerve a man from drunkenneſs. Againſt drunkenneſs.

To

To quicken the Wit. To quicken a mans wits, ſpirits, and memory; let him take Landebeef, which is gathered in *June* or *July*, and beating it in a clean morter, let him drink the juice thereof with warm water, and he ſhall find the benefit.

For the Kings Evil. If a man be troubled with the *Kings-evil*, let him take the red Dock, and ſeeth it in wine till it be very tender, then ſtrain it and ſo drink a good draught thereof, and he ſhall find great eaſe from the ſame; eſpecially if he do continue the uſe thereof.

Additions to the particular ſickneſſes; and firſt of the head and the parts thereof, and the lungs. Take Frankincenſe, Doves dung, and Wheat flowre, of each an ounce, and mix them well with the white of an egg, then playſter-wiſe apply it where the pain is.

The oyl of Lillies, if the head be anointed therewith, is good for any pain therein.

Take Rew, and ſteep it in Vinegar a day and a night, the Rew being wel bruiſed; then with the ſame anoint the head twice or thrice a day.

Another For the head-ach, & to ſtay bleeding at the noſe. Take the white of an egge, and beat it to oyl, then put it to Roſewater, and the powder of Alabaſter, then take flax and dip it therein, and lay it to the temples, and renew it two or three times a day.

To draw out bones broken in the head. Take Agrimony and bruiſe it, and plaiſter-wiſe apply it unto the wound, and let the party drink the juice of Bettony, and it will expell the bones, and heal the wound.

For the falling of the mould of the head. Take the leaves of Agrimony, and boyl them in hony, till it be thick like a plaiſter, and then apply it to the wound of the head warm.

The Squinancy. Take a Table-napkin, or any linnen cloath, and wet it in cold water, and when you go to bed apply it to the ſwelling, and lye upright; thus do three or four times in a night, till the ſwelling waſte.

The tooth ach Take two or three Dock roots, and as many Daiſie roots, and boyl them in water till they be ſoft, then take them out of the water, and boyl them well over again in Oyl Olive, then ſtrain them through a clean cloth, and anoint the pained tooth therewith, and keep your mouth cloſe, and it will not onely take away the pain, but alſo eaſe any megrim or grief in the head.

To make teeth white. Take a ſawcer of ſtrong Vinegar, and two ſpoonfulls of the powder

powder of *Roach-allom*, a ſpoonfull of white ſalt, and a ſpoonfull of hony: ſeeth all theſe till it be as thin as water, then put it into a cloſe vial and keep it, and when occaſion ſerves waſh your teeth therewith, with a rough cloath, and rub them ſoundly: but not to bleed.

To draw teeth without iron.

Take ſome of the green of the Elder-tree, or the apples of Oak-trees, and with either of theſe rub thy teeth and gums, and it will looſen them ſo, as you may take them out.

Teeth that are yellow.

Take ſage and ſalt, of each alike, and ſtamp them well together then bake it till it be hard, and make a fine powder thereof, then, therewith rub the teeth evenings and mornings, and it will take away all yellowneſs.

For teeth that are looſe.

Firſt let them bloud, then take *Harts horn* or *Ivory*, and red *Pimpernel*, and bruiſe them well together: then put it into a Linnen cloath, and lay it to the teeth, and it will faſten them.

For any venome in the ear.

Take the juice of *Lovage*, and drop it into the ear, and it will cure any venome, and kill any Worm, Ear-wig, or other vermine.

For a ſtinking breath which commeth from the ſtomach.

Take two ounces of *Comine*, and beat it in a morter to fine powder; then boyl it in white wine from a pottle to a quart, then drink thereof morning and evening as hot as you can ſuffer; or otherwiſe, take an ounce of wild *time*, and being clean waſhed, cut it ſmall, and then powder it; then put to it half an ounce of *Pepper* in fine powder, and as much *Comine*, mix them all wel together, and boyl them in a pottle of white wine, till half be conſumed, and after meal (but not before) uſe to drink thereof hot alſo once in the afternoon, and at your going to bed; and it will purge the breath.

For ſtinking noſtrils

Take red Nettles and burn them to powder; then adde as much of the powder of Pepper, and mix them very well together, and ſnuff thereof up into the noſe; and thus do divers times a day.

For a Canker in the noſe.

Take old Ale, and having boyled it on the fire, and cleanſed it, add thereto a pretty quantity of life-hony, and as much Allome, and then with a ſeringe or ſuch like, waſh the ſores therewith very warm.

A red water for any canker.

Take a gallon of running water, and boll it to a pottle; then put

put to it a handfull of red Sage, a handfull of Celladines, a handfull of Hony-suckles, a handfull of Woodbine leaves and flowers; then take a pennyworth of grains, made into fine powder, and boyl all very well together; then put to it a quart of the best life-hony of a year old, and a pound of Roch Allom: Let all boyl together till it come to a pottle, then strain it and put it into a close vessel, and therewith dress and anoint the sores as occasion serves; it will ease any canker or Ulcer, and cleanse any wound: It is best to be made at *Midsommer*.

To clear the eyes. Take the flowers and roots of *Primroses*, clean washt in running water, then boyl them in fair running water the space of an hour, then put thereto a pretty quantity of white *Copperas*, and then strain all through a linnen cloth, and so let it stand awhile, and there will an oyl appear upon the water, with that oyl anoint the lids and the brows of your eyes, and the temples of your head, and with the water wash your eyes, and it is most sovereign.

Another for the sight. Take fifteen seeds of *Juniper*, and as many *Cromwell* seeds, five branches of *Fennel*, beat them altogether, then boyl them in a pint of old Ale, till three parts be wasted; then strain it into a glass, and drop thereof three drops into each eye at night, and wash your eyes every morning for the space of fifteen dayes with your own water, and it will clear any decayed sight whatsoever.

For sore eyes. Take red Snailes, and seeth them in fair water, and then gather the oyl that ariseth thereof, and therewith anoint your eyes morning and evening.

For sick eyes. Take a gallon or two of the dreggs of strong Ale, and put thereto a handfull or two of *Comine*, and as much salt, and then distill it in a Limbeck, and the water is most precious to wash eyes with.

For bleered eyes. Take Celladine, Rue, Chervile, Plantain, Annise, of each alike, and as much *Fennel* as of all the rest, stamp them all well together, then let it stand two dayes and two nights, then strain it very well, and anoint your eyes morning and evening therewith.

For the pin & web in the eye. Take an Egg, and roast it extream hard, then take the white being very hot, and lap in it as much white Copperas as a pease

peaſe, and then violently ſtrain it through a fine cloath, then put a good drop thereof into the eye, and it is moſt ſovereign.

Take two drams of prepared Tuſſia, of Sandragon one dram, of Sugar a dram, bray them all well together, till they be exceeding ſmall, then take of powder, and blow a little thereof into the eye, and it is ſovereign. A powder for the pin and web in the eie

Take of red Roſe leaves, of Smallage, of Maiden hair, Euface, Endive, Succory, red Fennel, Hil-wort, and Cellandine, of each half a quarter of a pound, waſh them clean, and lay them in ſteep in white wine a whole day; then diſtill them in ordinary ſalt, and the firſt water will be like gold, the ſecond like ſilver, and the third like balm; any of theſe is moſt precious for ſore eyes, and hath recovered ſight loſt for the ſpace of ten years, having been uſed but four dayes. A precious water for the eyes.

Take the leaves of willow, and boyl them well in oyl, and therewith anoint the place where you would have any hair to grow, whether upon head or beard. To make hair grow.

Another.

Take Treacle water and hony, boyl them together, and wet a cloath therein, and lay it where you would have hair to grow, and it will come ſpeedily.

Take nine or ten eggs, and roſt them very hard, then put away the yolks, and broy the whites very ſmall, with three or four ounces of white Copperas, till it be come to perfect oyntment, then with it anoint the face morning and evening, for the ſpace of a week and more. For a pimpled or red ſawcy face.

Take the rind of Hyſop, and boyl or burn it, and let the fume or ſmoak go into the mouth, and it will ſtay any rhume falling from the head. For the rheum.

Take a pint of running water, and three ſpoonfuls of hony, and boyl them together: and ſcum off the filth, then put thereto one ounce of ſmall Rayſins, and ſtrain it well through a cloath, and ſo drink it morning and evening. For hoarſneſs in the throat.

Take Aquavitæ and ſalt, and mix it with ſtrong old Ale, and then heat it on the fire, and therewith waſh the ſoles of the feet when you go to bed. For a dangerous cough.

Take of clean wheat, and of clean barly, of each a like quantity, and put them into a gallon and a half of fair water, and boil For a dry cough.

them till they burſt, then ſtrain it into a clean veſſel, and add thereto a quartern of fine *Lycoras* powder, and two penny worth of *gum Arabick*, then boyl it over again and ſtrain it, and keep it in a ſweet veſſel, and drink thereof morning and evening.

For the Ptiſick. Take the beſt wort, and let it ſtand till it be yellow, then boyl it, and after let it cool, then put to it a little quantity of *Barm* and *Saffron*, and ſo drink of it every morning and evening, while it laſteth: Otherwiſe, take *Hore hound*, *Violet leaves*, and *Iſop*, of each a good handfull, ſeeth them in water, and put thereto a little *Sugar*, *Lycoras*, and *Sugar-candy*, after they have boyled a good while, then ſtrain it into an earthen veſſel, and let the ſick drink thereof ſix ſpoonfulls at a time morning and evening; or laſtly, take the lungs of a Fox, and lay it in Roſe-water, or boyl it in roſe-water, then take it out, and dry it in ſome hot place without the ſun; then beat it to powder with *Sugar candy*, and eat of this powder morning and evening.

For griefs in the ſtomach. To eaſe the pain in the ſtomach, take *Endive*, *Mints*, of each a like quantity, and ſteep them in white wine a dayes ſpace; then ſtraining and adding thereunto a little *Cynamon* and *Pepper*, give it to the ſick perſon to drink; and if you add thereto a little of the powder of *Horſe mint* and *Calamint*, it will comfort the ſtomach exceedingly, and occaſion ſwift and good digeſtion.

For ſpitting of blood. For ſpitting of blood, whether it proceed of inward bruiſes, over-ſtraining, or ſuch like; you ſhall take ſome *pitch*, and a little *Sperma Cæti*, and mix it with old Ale, and drink it, and it will ſtay the flux of blood: But if by means of the bruiſe, any outward grief remain: then you ſhall take the herb *Brokelhemp*, and frying it with ſheeps tallow, lay it hot on the grieved place, and it will take away the anguiſh.

For vomiting. To ſtay the flux or vomiting, take *Wormwood*, and ſowre bread toſted, of each a like quantity, and beat them well in a morter; then add to them as much of the juice of *Mints*, and the juice of *Plantain*, as will bring it to a thick ſalve: then fry them altogether in a frying pan, and when it is hot, lay it plaiſter-wiſe to the mouth of the ſtomach; then let the party drink a little white wine and *Chervile* water mixt together, and then ſteep ſowre toſted bread in very ſtrong vinegar, wrap it in fine cloath, and

let

let the ſick party ſmell thereto, and it will ſtay the exceſſe of vomiting, and both comfort and ſtrengthen the ſtomach.

If you would compell one to vomit, take half a ſpoonfull of Stone crop, and mix it with three ſpoonfulls of white wine, and give it to the party to drink, and it will make him vomit preſently; but do this ſeldome, and to ſtrong bodies, for otherwiſe it is dangerous. To force one to vomit.

For the *Illiaca paſſio*, take of Polypody an ounce, and ſtamp it; then boyl it with Prunes and Violets, in Fennel water, or Anniſeed water; take thereof a good quantity; then ſtrain it, and let the party every morning and evening drink a good draught thereof. For the Iliaca paſſio.

If the ſtomach be troubled with wind or other pain, take Commine, and beat it to powder, and mix with it red wine, and drink it at nights when you go to bed divers nights together. Additions to the diſeaſes of the ſtomach.

Take Brooklime-root and leaves, and waſh them clean, and dry them in the ſun, ſo dry, that you may make powder thereof; then take of the powder a good quantity, and the like of Treacle, and put them in a cup, with pretty quantity of ſtrong old Ale, and ſtir them well together, and drink thereof firſt and laſt, morning and evening, for the ſpace of three or four dayes; and if need do require, uſe the ſame in the broaths you do eat, for it is very ſovereign. For the ſtomach. For the Iliaca paſſio.

Take Harts-horn, or Ivory beaten to fine powder, and as much Cynamon in powder, mix them with vinegar, and drink thereof, to the quantity of ſeven or eight ſpoonfulls. For pain in the breaſt.

Take the water of Mouſear, and drink thereof the quantity of an ounce and an half, or two ounces, twice or thrice a day; or otherwiſe take a little Nutmeg, a little Cloves, a little Mace, and a very little Ginger, and the flowers of Lavender, beat all unto a fine powder, and when the paſſion of the Mother cometh, take a chafing diſh of good hot coals, and bend the patient forward, and caſt of the powder into the chafingdiſh, ſo as ſhe may receive the ſmoak both in at her Noſe and mouth, and it is a preſent cure. The mother.

Againſt obſtructions in the Liver, take Anniſeeds, Ameos, Burnet, Cammomile, and the greater Centaury, & boyl them in white Obſtructions of the Liver.

wine with a little honey, and drink it every morning, and it will cure the obstructions, and cleanse the Liver from all imperfection.

Against the heat of the Liver.

Against the heat and inflammation of the Liver, take Endive dryed to powder, and the meal of *Lupin* seeds, and mix it with Hony, and the juice of Wormwood; make a cake thereof, and eat it, and it will asswage the great heat and inflammation of the Liver, and take away the pimples and redness of the face, which proceedeth from the same.

For the Plurisie.

To prevent a Plurisie a good while before it come, there is no better way than to use much the exercise of Ringing, or to stretch your arms upward, so as they may bear the weight of your Body, and so swing your body up and down a good space; but having caught a Plurisie, and feeling the gripes, stitches, and pangs thereof, you shall presently cause the party to be let blood, and then take the herb *Althea*, or Holyhock, and boyl it with Vinegar and Linseed, till it be thick plaister-wise, and then spread it upon a piece of Allom-leather, and lay it to the side that is grieved, and it will help it.

A plaister for a stitch.

To help a stitch in the side, or elsewhere, take Doves dung, red Rose leaves, and put them into a bag, and quilt it; then throughly heat it upon a chafing dish of coals, with vinegar in a platter: then lay it upon the pained place, as hot as may be suffered, and when it cooleth, heat it again.

Heat in the Liver.

For any extraordinary heat or inflammation in the Liver, take Barberies, and boyl them in clarified whey, and drink them, and they will cure it.

For the consumption.

If you will make a Cordial for a Consumption, or any other weakness, take a quart of running water, a piece of Mutton, and a piece of Veal, and put them with the water into a pot; then take of Sorrel, Violet leaves, Spinage, Endive, Succory, Sage, Isop, of each a good quantity; then take Prunes and Raisins, and put them all to the broth, and seeth them from a quart to a pint; then strain the yolk of an egg, and a little Saffron thereinto, putting in Sugar, whole Mace, and a little white wine; so seeth them awhile together, and let the party drink it as warm as may be.

To staunch blood.

To staunch blood, take the herb Shepherds purse (if it may be gotten) distilled at the Apothecaries, and drink an ounce thereof at a time, morning and evening, and it will stay any flux

of

of blood naturally or unnaturally; but if you cannot get diſtilled water, then boyl a handfull of the herb with Cynamon, and a little Sugar, in Claret-wine, and boyl it from a quart to a pint, and drink it as oft as you pleaſe: alſo, if you do but rub the herb between your hands, you ſhall ſee it will ſoon make the blood return.

For the yellow Jaundiſe.

For the Yellow Jaundiſe, take two penni-worth of the beſt Engliſh Saffron, dry it and grind it to exceeding fine powder; then mix it with the pap of a roſted Apple, and give it the diſeaſed party to ſwallow down in manner of a pill, and thus do divers mornings together, and without doubt it is the moſt preſent cure that can be for the ſame, as hath been oftentimes proved.

For the yellow Jaundiſe, take Pimpernel and Chick-weed, ſtamp them and ſtrain them into poſſet-Ale; and let the party drink thereof morning and evening.

For the Yellow Jaundiſe, which is deſperate, and almoſt paſt cure: Take ſheeps-dung new made, and put it into a cup of beer or Ale, and cloſe the cup faſt, and let it ſtand ſo all night, and in the morning take a draught of the cleareſt of the drink, and give it unto the ſick party.

For the Black Jaundiſe.

For the Black Jaundiſe, take the herb called penny-royall, and either boyl it in white-Wine, or drink the juice thereof ſimply by it ſelf, to the quantity of three or four ſpoonfull at a time, and it will cure the black Jaundiſe.

Additions for the diſeaſes of the Liver.

Take of Hyſop, Parſley, and Harts-tongue, of each a like quantity, and ſeeth them in wort till they be ſoft, then let it ſtand till it be cold, and then drink thereof firſt and laſt, morning and evening.

For waſting the Liver.

Take Fennel roots, and parſley roots, of each alike; waſh them clean and pill off the upper bark, and caſt away the pith within; then mince them ſmall; then put them to three pints of water, and ſet them over the fire; then take figs and ſhred them ſmall, take Licoras and break it ſmall, and put them to the herbs, and let all boyl very well; then take Sorrell and ſtamp it and put it to the reſt, and let it boyl till ſome part waſted, then take a good quantity of honey and put to it and boyl a while, then take it from the fire, and clarifie it through a ſtrainer into a glaſs-veſſel, and ſtop it very cloſe; then give the ſick to drink

thereof morning and evening.

To heal a Ring-worm comming of the heat of the Liver.

Take the ſtalk of Saint *Mary-Garlick*, and burn it, or lay it upon a hot tyle-ſtone untill it be very dry, and then beat it into powder, and rub the ſore therewith till it be whole.

To ſtaunch blood.

Take Wool in the Walkmill that commeth from the cloath and flyeth about like Doun, and beat it into powder; then take thereof and mix it with the white of an egg and wheat flowre, and ſtamp them together: then lay it on a linnen cloath or lint, and apply it to the bleeding place, and it will ſtanch it.

For great danger in bleeding.

If a man bleed and have no preſent help, if the wound be on the foot, bind him about the ankle; if in the leggs, bind him about the Knee; if it be on the hand, bind him about the wriſt; if it be on the arm, bind him about the brawn of the arm, with a good liſt, and the blood will preſently ſtanch.

For a Stitch.

Take good ſtore of *Cinamon* grated, and put it into poſſet-Ale very hot and drink it, and it's a preſent cure.

A bath for the Leproſie.

Take a gallon of running water; and put to it as much ſalt as will make the water as ſalt as the Sea-water, then boyl it a good while, and bath the leggs therein as hot as may be ſuffered.

For the Dropſie.

For the Dropſie, take *Agnus-caſtus*, *Fennel*, *Affodil*, dark *Wallwort*, *Lupins* and *Wormwood*, of each a handfull, and boyl them in a gallon of white-Wine untill a fourth part be conſumed: Then ſtrain it and drink it morning and evening half a pint thereof, and it will cure the Dropſie: But you muſt be carefull that you take not *Daffodil* for *Affodil*.

Pain in the Spleen.

For pain in the Spleen, take *Agnuscaſtus*, *Agrimony*, *Aniſeeds*, *Centaury* the great, and *Wormwood*, of each a handfull, and boyl them in a gallon of white Wine, then ſtrain it, and let the patient drink divers mornings together half a pint thereof; and at his uſual meals let him neither drink Ale, Beer, nor Wine, but ſuch as hath had the herb *Tamariske* ſteept in the ſame, or for want of the herb, let him drink out of the cup made of *Tamariske* wood, and he ſhall find remedy.

Pain in the Liver.

For any pain in the ſide, take *Mugwort* and red-*Sage*, and lay between two tyle-ſtones, and then put it into a bag, and apply to your ſide as hot as can be indur'd.

For fatneſs and ſhort breath.

To help him that is exceeding fat, purſie, and ſhort breathed: take honey clarified, and bread unleavened, and make toaſts of it,

and

and dip the toaſts in clarified honey, and eat this divers mornings with your meat.

Take a lump of Iron or Steel and heat it red hot, and quench it in wine, and then give the wine to the ſick party to drink. Additions to the diſeaſes of the Spleen.

Take *Fennel ſeeds* and the roots, boyl them in water, and after it is cleanſed put to it honey, and give the party to drink, then ſeeth the herb in Oyl and Wine together, and plaiſterwiſe apply it to the ſide. For ſtopping of the Spleen.

Make a plaiſter of *Wormwood*, boyled in Oyl, or make an oyntment of the juyce of *Wormwood*, *of Vinegar*, *Armoniack*, *Wax*, and *Oyl*, mixed and melted together, and anoint the ſides therewith, either in the Sun or before the fire. Diſeaſes of the heart.

Take the powder of *Galingal*, and mix it with the juice of *Burrage*, and let the offended party drink it with ſweet wine. For paſſio of the heart.

Take of *Roſemary* and *Sage*, of each a handfull, and ſeeth them in white-Wine or ſtrong Ale, and then let the patient drink it luke-warm. For heartſickneſs.

Take the juice of *Fennel* mixt with honey, and ſeeth them together till it be hard, and then eat it evening and morning, and it will conſume the fatneſs. For fatneſs about the heart.

For the *Wind-Collick*, which is a diſeaſe both general, and cruel, there be a world of remedies, yet none more approved than this which I will repeat: You ſhall take a *Nutmeg* ſound and large, and divide it equally into four quarters: The firſt morning aſſoon as you ſhall riſe, eat a quarter thereof; the ſecond morning two quarters, and the third eat three quarters, and the fourth morning eat a whole *Nutmeg*: and ſo having made your ſtomach and taſte familiar therewith, eat every morning whileſt the *Collick* offendeth you, a whole *Nutmeg* dry without any compoſition, and faſt ever an hour at leaſt after it, and you ſhall find a moſt unſpeakable profit which will ariſe from the ſame. For the wind Collick.

For the *Wind-collick*, take a good handfull of clean Wheat-meal as it commeth fram the Mill, and two eggs, and a little *Wine-vinegar*, and a little *Aquavitæ*, and mingle them together cold, and make a cake of it, and bake it on a Gridiron with a ſoft fire, and turn it often, and tend it with baſting of *Aquavitæ* with a feather; then lay it ſomewhat higher than the pain is, rather than lower. The wind Collick.

For the *Laſk* or extream ſcouring of the belly, take the ſeeds For the L

of the Wood-rose, or Brier-rose, beat it to powder, and mix a dram thereof with an ounce of the conserve of Sloes; and eat it, and it will in a short space bind and make the belly hard,

For the bloody flux. For the bloody flux, take a quart of Red-wine, and boyl therein a handfull of Shepherds purse, till the herb be very soft: Then strain it, and add thereto a quarter of an ounce of Cynamon, and as much of dryed Tanners-bark taken from the Ouze, and both beaten to fine powder; then give the party half a pint thereof to drink morning and evening, it being made very warm, and it will cure him.

To stay a lask To stay a sore Lask, take Plantain water and Cynamon finely beaten, and the flowers of Pomgranates, and boyl them well together; then take Sugar and the yolk of an egg, and make a caudle of it, and give the grieved party it.

For the Flux. For the Flux, take Staggs pizzle dried and grated, and give it in any drink, either in Beer, Ale, or Wine, it is most soveraign for any Flux whatsoever. So is the jaw-bones of a Pike, the teeth and all dried and beaten to powder, and so given the party diseased in any drink whatsoever.

For the worst Flux. To cure the worst bloody-flux that may be, take a quart of red-wine, and a spoonfull of Commin-seed, boil them together untill half be consumed; then take Knot-grass and Shepherds purse and Plantain, and stamp them severall, and then strain them and take of the juice of each of them a good spoonfull and put them to the wine, and so seeth them again a little: Then drink it lukewarm, half over night, and half the next morning; and if it fall out to be in Winter, so that you cannot get the herbs, then take the water of the herbs distilled, of each three spoonfull, and use it as before.

For costiveness. For extream costiveness, or binding in the body, so as a man cannot avoid his excrements; take Aniseeds, Fenugreek, Lineseeds, and the Powder of Piony: Of each half an ounce, and boyl them in a quart of white-Wine, and drink a good draught thereof, and it will make a man go to the stool orderly, and at great ease.

For worms. For worms in the belly, either of child or man, take Aloes Cicatrine, as much as half a hazel Nut, and wrap it in the pap of a roasted Aple, and so let the offended party swallow it in the manner

manner of a pill faſting in the morning, or elſe mix it with three or four ſpoonfull of Muskadine, and ſo let the party drink it, and it is a preſent cure. But if the child be either ſo young, or the man ſo weak with ſickneſs, that you dare not adminiſter any thing inwardly, then you ſhall diſſolve your Aloes in the oyl of Savine, making it thick like Salve, then plaiſterwiſe ſpread it upon Sheeps-Leather, and lay it upon the Navel and mouth of the Stomach of the grieved party, and it will give him eaſe; ſo will alſo unſet-Leeks chopt ſmall and fryed with ſweet butter, and then in a linnen bagge apply it hot to the Navel of the grieved party.

Additions to the diſeaſes of the belly and guts.

Take a quart of red-wine, and put to it three yolks of eggs, and a penny-worth of long-Pepper and grains, and boyl it well, and drink it as hot as can be ſuffered; or otherwiſe, take an ounce of the inward bark of an oak, and a penny-worth of long Pepper, and boyl them in a pint and better of new Milk, and drink it hot firſt and laſt, morning and evening.

For the greateſt Lax.

Take an egg, and make a little hole in the top, and put out the white, then fill it up again with Aquavitæ, ſtirring the egg and Aquavitæ, till it be hard, then let the party eat the egg and it will cure him; or otherwiſe, take a pint of red-wine and nine yolks of eggs, and twenty Pepper-corns ſmall beaten; let them ſeeth untill they be thick, then take it off, and give the diſeaſed party to eat nine ſpoonfull morning and evening.

For the bloodn flux.

Take of Rue and Beets a like quantity, bruiſe them and take the juice, mix it with clarified honey, and boyl it in red wine, and drink it warm firſt and laſt, morning and evening.

For an eaſie Lask.

Take Mercury, Cinque-foyl, and Mallows, and when you make pottage or broth with other herbs, let theſe herbs before named have moſt ſtrength in the pottage, and eating thereof, it will give you two ſtools and no more.

To have two ſtools a day and no more.

Take two ſpoonfull of the juice of Ivy-leaves, and drink it three times a day, and it will diſſolve the hardneſs.

For hardneſs of the belly or womb.

Take the bark of the roots of the Elder-tree, and ſtamp it, and mix it with old-Ale, and drink thereof a good hearty draught.

Againſt coſtiveneſs.

Take the crumms of white-bread, and ſteep it in Milk with Allom, and add Sugar unto it and eat it, and it will open the belly.

For the wind collick.

Take

For the ſtopping of the womb. Take the Kernels of three Peach-ſtones, and bruiſe them, ſeven corns of caſe pepper, and ſliced ginger a greater quantity than of the pepper, pound all together groſly; and put it into a a ſpoonfull of Sack (which is beſt) or elſe white Wine, or ſtrong Ale, and drink it off in a great ſpoon, then faſt two hours after, and walk up and down if you can; if otherwiſe, keep your ſelf warm and beware.

For the Rupture. Take of *Daiſies*, *Cumfrey*, *Polipody* of the Oak, and *Avens* of each half a handfull, two roots of *Oſmund*, boyl them in ſtrong Ale, and Honey, and drink thereof morning, noon, and night, and it will heal any reaſonable Rupture. Or otherwiſe take of *Smallage*, *Cumfrey*, *Setwell*, *Polipody*, that grows on the ground like *Fearn-Daiſies* and *mores* of each a like, ſtamp them very ſmall, and boyl them well in Barm, untill it be thick like a poultis, and ſo keep it in a cloſe veſſel, and when you have occaſion to uſe it, make it as hot as the party can ſuffer it, and lay it to the place grieved, then with a truſs, truſs him up cloſe, and let him be very carefull for ſtraining himſelf, and in a few dayes it will knit: during which cure, give him to drink a draught of red wine, and put therein a good quantity of the flower of fetches, finely boulted, ſtirring it well together, and then faſt an hour after.

For the ſtone. For the violent pain of the ſtone, make a poſſet of Milk and Sack, then take off the curd, and put a handfull of *Cammomil* flowers into the drink, then put it into a pewter pot, and let it ſtand upon hot embers, ſo that it may diſſolve; and then drink it as occaſion ſhall ſerve.

Another. Otherwiſe for this grief, take the ſtone of an Ox-gall, and dry it in an Oven, then beat it to powder, and take of the quantity of an hazle-nut, with a draught of good Ale, or white-wine.

The Collick and Stone. For the Collick and ſtone, take Hawthorn-berries, the berries of ſweet Briers, and aſhen Keys, and dry them every one ſeverally untill you make them into powder, then put a little quantity of every one of them together, then if you think good, put to it the powder of *Licoras* and *Aniſeede*, to the intent the party may the better take it, then put in a quantity of this powder in a draught of white-wine, and drink it faſting.

Another. Otherwiſe you may take *Smallage-ſeed*, *Parſley*, *Lovage*, *Saxifrage*, & *Broom-ſeed*, of each

each of them a little quantity, beat them into a powder, and when you feel a fit of either of the diſeaſes eat of this powder a ſpoonfull at a time either in portage, or elſe in the broath of a chicken, and ſo faſt two or three hours after.

To make a powder for the collick and ſtones, take *Fennel*, *parſley-ſeed*, *Aniſeed*, and *Carraway ſeed*, of each the weight of ſix pence, of *Grumel-ſeed*, *Saxifrage-ſeed*, the roots of *philipendula* and *Licoras*, of each the weight of twelve pence, of *Galingal*, *Spikenard*, and *Cinamon*, of each the weight of eight-pence, of *Sena* the weight of ſeventeen ſhillings good weight, beat them all to powder and ſearſe it, which will weigh in all twenty five ſhillings and ſix pence. This powder is to be given in white Wine and Sugar in the morning faſting, and ſo to continue faſting two hours after; and to take at one time the weight of ten-pence, or twelve-pence. A powder for the Collick and ſtone.

Other Phyſitians, for the ſtone, take a quart of Rheniſh or white wine, and two lemons, and pare the upper rind thin, and ſlice them into the wine, and as much white-ſoap as the weight of a groat; and boyl them to a pint, and put thereto Sugar according to your diſcretion, and ſo drink it, keeping your ſelf warm in your bed, and lying upon your back. Another.

For the ſtone in the reins, take *Ameos*, *Camomile*, *Maiden hair*, *Sparrow-tongue* and *Philipendula*, each a like quantity, dry it in an oven, and then beat it to powder, and every morning drink half a ſpoonfull thereof with a good draught of white-wine, and it will help. For the ſtone in the reins.

For the ſtone in the bladder, take a radiſh root and ſlit it croſs-twice, then put it into a pint of white-wine and ſtop the veſſel exceeding cloſe; then let it ſtand all one night, and the next morning drink it off faſting, and thus do divers mornings together, and it will help. For the ſtone in the bladder

For the ſtone in the bladder, take the Kernels of ſloes, and dry them on a tile-ſtone, then beat them into powder, then take the roots of *Alexander*, *Parſley*, *Pelitory*, and *Holioak*, of every of their roots a like quantity, and ſeeth them all in white-Wine, or elſe in the broth of a young chicken: then ſtrain them into a clean veſſel, and when you drink of it, put into it half a ſpoonfull of the powder of ſloe-kernels. Alſo if you take the oyl of A powder for the ſtone in the bladder.

Scor-

Scorpion, it is very good to anoint the members, and the tender parts of the belly against the bladder.

A bath for the Stone.

To make a bath for the stone, take mallows, holihock, and lilly-roots, and Lineseed, Pellitory of the wall, and seeth in the broth of a Sheeps-head, and bathe the Reins of the back therewith oftentimes, for it will open the straightness of the water conduits, that the stone may have issue and aswage the pain, and bring out the gravell with the Urine: But yet in more effect, when a playster is made and laid upon the reins and belly immediately after the bathing.

A water for the stone.

To make a water for the stone, take a gallon of new milk of a Red Cow, and put therein a handfull of Pellitory of the wall, and a handfull of wild time, and a handfull of *Saxifrage*, and a handfull of *Parsley*, and two or three Radish-roots sliced, and a quantity of *Philipendula*-roots; let them lye in the milk a night, and in the morning put the milk with the herbs into a still, and distill them with a moderate fire of Charcole or such like: then when you are to use the water, take a draught of Rhenish wine or white-Wine, and put into it five spoonfull of the distilled water, and a little Sugar and Nutmeg sliced, and then drink of it; the next day meddle not with it, but the third day do as you did the first day, and so every other day, for a weeks space.

Difficulty of Urine.

For the difficulty of Urine, or hardness to make water, take *S*mallage, Dill, Aniseeds, and Burnet, of each a like quantity, and dry them and beat them to fine powder, and drink half a spoonfull thereof, with a good draught of White wine.

For hot Urine.

If the Urine be hot and burning, the party shall rise every morning to go to drink a good draught of new Milk and Sugar mixt together, and by all means abstain from all Beer that is old hard and tart, and from all meats and sawces which are sowr and sharp.

For the Strangullion.

For the Strangullion, take *Saxifrage*, *Polypody* of the Oak; the root of beans, and a quantity of Raisins, of every one three handfull or more, and two gallons of good Wine, or else Wine-lees, and put it into a Serpentary, and make thereof a good quantity; and give the sick to Drink Morning and Evening a spoonfull at once.

For

For them that cannot hold their water in the night time, take Kids hoof, and dry it: and beat it into powder, and give it to the patient to drink, either in Beer or Ale four or five times over. For pissing in bed.

For the rupture or burstenness in men; take Comefrey and *Fermeosmund*, and beat them together, and yellow wax, and Dears suet, untill it come unto a salve, and then apply it unto the broken place, and it will knit it; also it shall be good for the party to take Comphry roots, and rost them in hot embers, as you rost wardens, and let the party eat them: for they are very sovereign for the rupture; especially being eaten in a morning fasting; and by all means let him wear a strong truss till it be whole. For the rupture.

Take Goats claws, and burn them in a new earthen pot to powder, then put of the powder into broth or pottage, and eat it therein: Or otherwise take Rue, Parsley, and Gromwell, and stamp them together, and mix it with wine and drink it. Additions to the diseases of the reins and bladder.

Take *Agnus castus*, and *Castoreum*, and seeth them together in wine, and drink thereof; also seeth them in vinegar, and lap it hot about the privy parts, and it will help. For him that cannot hold his water.

Take Malmsey and butter, and warm it, and wash the reins of the back, whereupon you find pain, then take oyl of Mace, and anoint the back therewith. For the Gonorhea, or shedding of seed.

First wash the reins of the back with warm white wine, then anoint all the back with the ointment, called *Perfluanesto*. For weakness in the back.

Take a leg of beef, a handfull of Fennel roots, a handfull of Parsly roots, two roots of Comphry, one pound of Raisins of the Sun, a pound of damask prunes, and a quarter of a pound of Dates; put all these together, and boyl them very soft, with six leaves of Neep, six leaves of Clary, twelve leaves of Bittany of the wood, and a little Hartstongue: when they are sod very soft, take them into the same broth again, with a quart of sack, and a penniworth of large mace, and of this drink at your pleasure. For heat in the reins. For comforting and strengthning of the back.

For the Hemeroides, which is a troublesome and sore grief, take of Dill, Dog-fennel, and Pellitory of Spain, of each half a handfull, and beat it in a morter with Sheeps suet and black hope, till it come to a salve, and then plaister-wise, apply it to the For the hemeroids.

the ſore, and it will give the grief eaſe.

For the piles or hemeroids.

For the Piles or Hemeroids, take half a pint of ale, and a good quantity of Pepper, and as much Allom as a Walnut; boyl all this together till it be as thick as birdlime, or thicker; this done, take the juice of white Violets, and the juice of Houſleek, and when it is almoſt cold, put in the juice, and ſtrain them altogether, and with this ointment anoint the ſore place twice a day. Otherwiſe, for this grief, take Lead and grate it ſmall, and lay it upon the ſore: Or elſe take muſcles dryed, and beat to powder, and lay it on the ſores.

For the falling of the fundament.

If a mans fundament fall down through ſome cold taken, or other cauſe, let it be forthwith put up again: then take the powder of *Town Croſs* dried, and ſtrew it gently upon the fundament, and anoint the reins of the back with honey; and then about it ſtrew the powder of Cummin and Calaſine mixt together, and eaſe will come thereby.

Additions to the diſeaſes of the privy parts.

Take a great handfull of Orpins, and bruiſe them between your hands till it be like a ſalve, and then lay them upon a cloath, and bind them faſt to the Fundament.

For the hemeroids.

For the green ſickneſs.

To help the green ſickneſs, take a pottle of white wine, and a handfull of Roſemary, a handfull of Wormwood, an ounce of Carduus Benedictus ſeed, and a dram of Cloves; all theſe muſt be put into the white wine in a jug, and covered very cloſe, and let it ſteep a day and a night before the party drink of it, then let her drink of it every morning, and two hours before ſupper: and ſo take it for a fortnight, and let her ſtir as much as ſhe can, the more the better, and early as ſhe can. Otherwiſe, for this ſickneſs take Hyſop, Fennel, Penyroyal, of theſe three one good handfull; take two ounces of Currants, ſeeth theſe in a pint of fair water to a half, then ſtrain the herbs from the liquor; and put thereto two ounces of fine ſugar, and two ſpoonfulls of white wine vinegar, let the party drink every morning four ſpoonfulls thereof, and walk upon it.

To encreaſe womans milk

To increaſe womans milk, you ſhall boyl, in ſtrong poſſet ale, good ſtore of Coleworts, and cauſe her to drink every meal of the ſame; alſo if ſhe uſe to eat boyled Coleworts with her meat, it will wonderfully increaſe her milk.

To dry up womans milk, take red ſage, and having ſtampt it

it, and ſtrained the juice from the ſame, adde thereunto as much wine vinegar, and ſtir them well together, then warm it on a flat diſh, over a few coales, ſteep therein a ſheet of brown paper, then making a hole in the midſt thereof for the nipple of the breaſt to go through, cover all the breaſt over with the paper, and remove it as occaſion ſhall ſerve, but be very carefull it be laid very hot to. Some are of opinion, that for a woman to milk her breaſts upon the earth, will cauſe her to dry: but I referr it to triall. To dry up milk.

To help womens ſore breaſts, when they are ſwelled, or elſe inflamed, take Violet leaves, and cut them ſmall, and ſeeth them in milk or running water, with wheat bran, or wheat bread crums; then lay it to the ſore, as hot as the party can endure it. A pultis for ſore breaſts in women.

If a woman have a ſtrong and hard labour, take four ſpoonfulls of another womans milk, and give it the woman to drink in her labour, and ſhe ſhall be delivered preſently. For eaſe in child bearing.

If a woman by miſchance have her child dead within her, ſhe ſhall take *Dittander*, *Felwort*, *Penyroyal*, and ſtamp them, and take of each a ſpoonfull of the juice, and mix it with old wine, and give her to drink, and ſhe ſhall ſoon be delivered without danger. Child dead in the womb.

To make a woman to conceive, let her either drink *Mugwort* ſteeped in wine; or elſe the powder thereof mixed with wine, as ſhall beſt pleaſe her taſte. Aptnes to conceive.

Take the powder of *Corall* finely ground, and eat it in a rear egg, and it will ſtay the flux. Additions to womens infirmityes.

Againſt womens terms, make a peſſary of the juice of *Mugwort*, or the water that it is ſodden in, and apply it; but if it be for the flux of the flowres, take the juice of *Plantain*, and drink it in red wine. To eaſe womens flowers.

Take a Fomentation made of the water wherein the leaves and flowers of *Tutſon* is ſodden, to drink up the ſuperfluities of the matrix, it cleanſeth the entrance; but this herb would be gathered in harveſt: If the woman have pain in the matrix, ſet on the fire, water that *Amomum* hath been ſodden in, and of the decoction make a peſſary, and it will give eaſe. Againſt the flowers. For the matrix.

Take

A general Purge for a woman in child bed.

Take two or three eggs, and they muſt neither be roſt nor raw, but between both; and then take butter that Salt never came in, and put into the eggs, and ſup them off, and eat a piece of brown bread to them, and drink a draught of ſmall Ale.

To deliver the dead birth

Take the root of *Ariſtolochia rotunda*, and boyl it in wine and oyl, make a fomentation thereof, and it helps.

To encreaſe milk.

Take the Buds and tender crops of Briony, and boyl them in broath or pottage, and let the woman eat thereof, it is ſovereign.

For a woman that is new brought in bed and ſwooneth much.

Take Mugwort, Motherwort, and Mints, the quantity of a handfull in all, ſeeth them together in a pint of Malmſey, and give her to drink thereof two or three ſpoonfulls at a time, and it will appeaſe her ſwooning.

To provoke ſleep.

Take Henbane ſtamped and mixt with vinegar, and apply it playſterwiſe, over all the forehead, and it will cauſe ſleep.

For forebreſts

Take Sage, Smallage, Mallows, and Plantain, of each an handfull; beat them all well in a mortar, then put unto them oatmeal and milk, and ſpread it on a fine Linnen cloath, an inch thick, and lay it to the breaſt or breaſts: Or otherwiſe, take white bread leaven, and ſtrain it with cream, and put thereto two or three yolks of eggs, ſallet-oyl, or oyl of Roſes, and put it upon a ſoft fire till it be warm, and ſo apply it to the breaſt.

For morphew of both kinds.

For Morphew, whether it be white or black, take of the Litharge of gold, a dram, of unwrought brimſtone two drams; beat them into fine powder, then take of the oyl of Roſes and Swines greaſe, of each a like quantity, and grind them altogether with half a dram of Champhire, and a little vinegar, and anoint the ſame therewith morning and evening.

To breed hair

To breed hair, take Southernwood, and burn it to aſhes, and mix it with common oyl, then anoint the bald place therewith morning and evening, and it will breed hair exceedingly.

For the gout.

For the Gout, take *Ariſtolochia rotunda*, *Althea*, Bettony, and the roots of wild Neep, and the roots of the wild Dock cut in pieces, after the upper rind is taken away, of each alike quantity, boyl them all in running water till they be ſoft and thick: Then ſtamp them in a mortar, as ſmall as may be, and put

put thereto a little quantity of Chimney-ſoot, and a pint of new milk of a Cow which is all of one intire colour, and as much of the Urine of a man that is faſting, and having ſtirred them all well together, boyl them once again on the fire; then, as hot as the party can ſuffer it, apply it to the grieved place, and it will give him eaſe.

For the Sciatica, take of Muſtard-ſeed a good handfull, and as much of white honey, and as much weight of figs, and crumms of white-bread half ſo much, than with ſtrong Vinegar beat it in a morter till it come unto a ſalve; then apply it unto the grieved place, and it will give the grieved party eaſe: So will alſo a plaiſter of Oxicrotium, if it be continually warm upon the ſame.

For the Sciatica.

To help all manner of ſwelling or aches, in what part of the body ſoever it be, or ſtinging of any venomous beaſt, as Adder, Snake, or ſuch like, take Hore-hound, Smallage, Porrets, ſmall Mallows, and wild-Tanſey, of each a like quantity, and bruiſe them, or cut them ſmall: Then ſeeth them altogether in a pan, with milk, Oatmeal, and as much ſheeps-ſuet, or Deers-ſuet, as a Hens egg, and let it boyl till it be a thick plaiſter, then lay it upon a blue woollen-cloath, and lay it to the grief, as hot as one can ſuffer it.

For any pain or ſwelling, or ſtinging of venomous Beaſts.

For any ſwelling in the leggs or feet, take a good handfull of water Creſſes and ſhread them ſmall, and put them in an earthen-pot: and put thereto thick Wine-lees, and wheat-bran, and Sheeps-Suet, of each of them a like quantity, and let them boyl together untill they be thick; then take a linnen cloth, and bind it about the ſore and ſwelling, as hot as the party grieved can indure it, and let it remain on a whole night and a day without any removing, and when you take it away, lay to it a freſh plaiſter hot, as before, and it will take away both the pain and the ſwelling. Other Chirurgions for this grief, take honey and beer, and beat them together, and therewith bath the ſwelling morning and evening.

For ſwellings in the leggs or feet.

To waſh any ſore or Ulcer, take running water, and Bolearmoniack and Camphire, and boyl them together, and dip in a cloth, and lay it to the ſore, as hot as may be endured; alſo Plantain water is good to kill the heat of any ſore: Or if you take Woodbine-leaves, and bruiſe them ſmall, it will heal a ſore; or if you

A water to waſh a ſore with.

wash a sore with ver juice, that hath been burnt or scalded, it is a present remedy.

A pultis for a sore.

There be divers others, which, for this grief, take the green of Goose-dung, and boyl it in fresh butter, then strain it very clean and use it. And Sallet oyl and Snow water beaten together, will cure any scald or burning.

For any old sore.

To cure any old sore how grievous soever it be, take of new milk three quarts, and a good handfull of Plantain, and let it boyl till a pint be consumed; then add three ounces of Allom made in powder, and an ounce and a half of white Sugar-candy powdered. Also then let it boyl a little till it have a curd, then strain it; with this warm, wash the Ulcer and all the members about it, then dry it, and lay upon the Ulcer *Unguentum Basilicon*, spread on lint, and your diminium plaister over it, for this strengthneth and killeth the itch; but if you find this is not sharp enough, then take of milk a quart, Allom in powder two ounces, vinegar a spoonfull; when the milk doth seeth put in the Allom and Vinegar, then take off the curd, and use the rest as was before said, and it will cure it.

For any scabs or itch.

For scabs or itch, take *Unguentum Populion*, and therewith anoint the party, and it will help; but if it be more strong and rank, take an ounce of Nerve oyl and three penni-worth of quick-silver, and beat and work them together, untill you see that assuredly the quick-silver is killed; then let the party anoint therewith the palms of his hands, the boughs at his elbows, his arm-pits, and hams, and it will cure all his body.

For the leprosie.

To cure the Leprosie, take the juice of Colworts, and mix it with Allom and strong Ale, and anoint the Leper therewith morning and evening, and it will cleanse him wonderfully, especially if he be purged first, and have some part of his corrupt blood taken away.

To take away pimples.

To take away pimples either from the face or any other part of the body, take virgin-wax, and *Sperma cæti*, of each a like quantity, and boyl them together, and dip in a fine linnen cloth, and as it cools, dip it well of both sides, then lay upon it another fair cloath upon a table, and then fold up a cloath in your hands, and all to sleight it with the cloath, then take as much as will cover the grieved place.

If

If any man have his privy parts burnt, take the aſhes of a fine linnen cloath in good quantity, and put it into the former oyl of eggs, and anoint the ſore member therewith, and it will cure it. Privy parts burnt.

For any burning, take ſix new laid eggs and roaſt them very hard, and take out the yolks thereof and put them into an earthen-pot, and ſet it over the fire on hot embers, and then whilſt the eggs look black, ſtir them with a ſlice untill they come to an oyl, which oyl take, clarifie, and put it into a glaſs by it ſelf, and therewith anoint the burning, and it will cure it. For any burning.

For any ſcalding with hot water, oyl, or otherwiſe, take good Cream, and ſet it on the fire, and put into it the green which grows on a ſtone wall; take alſo Yarrow, the green of Elder bark and fire graſs, and chop them ſmall, then put them into the Cream, and ſtir it well untill it come to an oyl ſalve; then ſtrain it, and anoint the ſore with it. For any ſcalding.

To dry up any ſore, take Smallage, Groundſil, wild Mallowes, and Violet leaves; chop them ſmall, and boyl them in milk with bruiſed Oatmeal and Sheeps Suet, and ſo apply it to the ſore. A pultis to dry a ſore.

To eat away dead fleſh, take Stubblewort, and fold it up in a red dock leaf, or red wort leaf, and ſo roſtit in the hot embers, and ſo lay it to the ſore, and it will fret away all the dead fleſh; or otherwiſe, if you ſtrew upon the ſore a little Precipitate, it will eat away dead fleſh. To eat away dead fleſh.

To make a water to heal all manner of wounds, you ſhall take Juph-worts flowers, leaves and roots, and in *March* or *April*, when the flowers are at the beſt, diſtill it; then with that water, bathe the wound, and lay a linnen cloath wet therewith in the wound, and it will heal it. A water to heal wounds.

To heal any wound or cut in any fleſh or part of the body, firſt, if it be fit to be ſtitch'd, ſtitch it up; and then take *Unguentum aurum*, and lay it upon a pleagant of lint as big as the wound, and then over it a *Diminium* plaiſter made of Sallet oyl and red lead, and ſo dreſs it at leaſt once in four and twenty hours: but if it be a hollow wound, as ſome thruſt in the bod, yor other members, then you ſhall take *Balſamum Cephalicum* and warming it on a chaffing diſh of coals, dip the tent therein, and To heal any wound.

and ſo put it into the wound, then lay your plaiſter of Diminium over it, and do thus at leaſt once a day untill it be whole.

For ſinews cut or ſhrunk.

If a mans ſinews be cut or ſhrunk, he ſhall go to the root of the wild-Neep, which is like wood-bine, and make a hole in the midſt of the root, then cover it well again that no air go out nor in, nor other moiſture; thus let it abide a day and a night, then go and open it, and you ſhall find therein a certain liquor, then take out the liquor and put it into a clean glaſs, and do thus every day whilſt you find any moiſture in the hole; and this muſt only be done in the moneths of *April* and *May*: then anoint the ſore therewith againſt the fire, then wet a linnen cloath in the ſame liquor, and lap it about the ſore, and the vertue will ſoon be perceived.

To break any impoſtume.

To break any Impoſtume, and to ripen it, only take the green Melilot plaiſter, and lay it thereunto; and it is ſufficient.

Additions to general infirmities of Surgery, and firſt of burnings and ſcaldings.

For burning or ſcalding, with either Liquor or Gunpowder.

Take Plantain water, or Sallet-oyl, and running water beaten together, and therewith anoint the ſore with a feather; till the fire be taken out; then take the white of eggs, and beat them to oyl; which done, take a hare's skin and clip the hair into the oyl, and make it as thick as you may ſpread it upon a fine linnen cloath, and ſo lay it upon the ſore, and remove it not untill it be whole; and if any riſe up of it ſelf, clip it away with your ſhears, and if it be perfectly whole, then take a little of the oyntment, and lay it unto the ſame place again; otherwiſe take half a buſhel of Glovers ſhreads of all ſorts, and ſo much of running water, as ſhall be thought convenient to ſeeth them, and put thereto a quarter of a pound of Barrows-greaſe, and then take half a buſhel of the down of Cats tails; and boyl them altogether, continually ſtirring them, untill they be ſodden, that they may be ſtrained into an earthen pot or glaſs, and with it anoint the ſore.

For burnings or ſcaldings on the face.

Or elſe take Caprifolium Mouſe-ear, ground-Ivy, and Hens dung, the reddeſt or the yelloweſt, and fry them with May-butter altogether, untill it be brown; then ſtrain it through a clean cloath, and anoint the ſore therewith.

Take the middle rind of the Elm-tree, and lay it two or three

 hours

hours in fair running water, till it wax ropy like glew, and then anoint the ſore therewith: Or otherwiſe, take ſheeps tallow, and ſheeps dung, and mix them together till they come to a ſalve, and then apply it to the ſore.

An ointment for burning.

Take Plantain leaves, Daiſie leaves, the green bark of Elders, and green Germanders; ſtamp them altogether with freſh butter, or with oyl, and ſtrain it through a linnen cloth, and with a feather anoint the ſore till it be whole.

Take of the oyl Olive a pint, Turpentine a pound, unwrought, Wax half a pound, Roſin a quarter of a pound, Sheeps ſuet two pound; then take of Orpents, Smallage, Ragwort, Plantain, and Sicklewort, of each a good handfull, chop all theſe herbs very ſmall, and boyl them in a pan altogether, upon a ſoaking fire, and ſtir them exceeding much, until they be well incorporated together; then take it from the fire, and ſtrain all through a ſtrong canvaſs cloth into clean pots, or glaſſes, and uſe it as your occaſion ſhall ſerve, either to anoint, teint, or plaiſter.

Ulcers and ſores.

A ſalve for any old ſore.

Or otherwiſe, take Popler buds, and Elder buds, ſtamp and ſtrain them, then put thereto a little Venice Turpentine, Wax, and Roſin, and ſo boyl them together, and therewith dreſs the ſore. Or elſe take two handfuls of Plantain leaves, bray them ſmall, and ſtrain out the juice, then put to it as much womans milk, a ſpoonful of Hony, a yolk of an Egg, and as much wheat flower as you think will bring it to a ſalve: then make a plaiſter thereof, and lay it unto the ſore, renewing it once in four and twenty hours.

To take away dead fleſh.

Take an ounce of *Unguentum Apoſtolorum*, and an ounce of *Unguentum Ægyptiacum*, and put them together in a pot, being firſt well wrought together in a bladder; and if the fleſh be weak, put into it a little fine white Sugar, and therewith dreſs the ſore; or otherwiſe, take only Precipitate in fine powder, and ſtrew it on the ſore.

A water for a

Take a gallon of Smiths ſleak water, two handfuls of Sage, a pint of Hony, a quart of Ale, two ounces of Allom, and a little white Copperas: ſeeth them altogether till half be conſumed, then ſtrain it, and put it into a clean veſſel, and therewith waſh the

ſore. Or otherwiſe, take clean running water, and put therein Roch Allom, and Madder, and let them boyl till the Allom and the Madder be conſumed, then take the clearer of the water, and therewithall waſh the ſore.

Or elſe take Sage, Fennel, Cinquefoil, of each a good handfull, boyl them in a gallon of running water till they be tender, then ſtrain the liquor from the herbs and put it to a quarter of a pound of Roch Allom, and let it ſeeth again a little, till the Allom be melted; then take it from the fire, and uſe it thus; dip lint in it warm, and lay it to the ſore, and if it be hollow, apply more lint, then take a little bolſter of Linnen cloath, and wet it well in the water, then wring out the water, and ſo bind up the bolſter cloſe.

A black plaiſter to heal old ſores, and kill inflammations.

Take a pint of Sallet oyl, and put into it ſix ounces of red lead, and a little ceruſs, or white lead, then ſet it over a gentle fire, and let it boyl a long ſeaſon ſtirring it well till it be ſtiff, which you ſhall try in this order; let it drop from your ſtick or ſlice, upon the bottome of a ſaucer, and ſo ſtand untill it be cold, and then if it be well boyled, it will be ſtiff and very black, then take it off and let it ſtand a little, and after ſtrain it through a cloath into a baſon, but firſt anoint the baſon with ſallet oyl, and alſo your fingers, and ſo make it up into rouls plaiſterwiſe, and ſpread it, and apply it as occaſion ſhall ſerve.

An oyntment to ripen ſores.

Take Mallows and Beet, and ſeeth them in water, then dry away the water from them, and beat the herbs well with old Boars greaſe, and ſo apply it unto the apoſtume, hot.

For the ſtinging by any venomous thing.

Take a handfull of Rue, and ſtamp it with ruſty bacon till it come to a perfect ſalve, and therewith dreſs the ſore till it be whole.

For venom.

If the party be outwardly venomed, take Sage, and bruiſe it well, and apply it unto the ſore, renewing it at leaſt twice a day; but if he be inwardly, then let the party drink the juice of Sage, either in Wine or Ale morning and evening.

For a ring-worm.

Take Cellandine early in the morning, and bruiſe it well, and then apply it to the ſore, and renew it twice or thrice a day.

Take of Camphire one dram, of Quickſilver four penny-worth,

killed

killed well with Vinegar, then mix it with two penny-worth of Oyl *De bay*, and therewith anoint the body. Or otherwiſe, take red Onions, and ſeeth them in running water a good while; then bruiſe the Onions ſmall, and with the water they were ſodden in, ſtrain them in, and then waſh the infected place with the ſame. For the Itch.

Take a great quantity of the herb Bennet, and as much of red Nettles, pound them well, and ſtrain them, and with the juice waſh the Patient naked before the fire, and ſo let it drink in, and waſh him again, and do ſo divers dayes till it be whole. For the dried ſcab.

Take a penni-worth of white Copperas, and as much green Copperas, a quarter of an ounce of white Mercury, a half penni-worth of Allom, and burn it, and ſet all over the fire, with a pint of fair water, and a quarter of a pint of wine Vinegar, boyl all theſe together till they come to half a pint, and then anoint the ſore therewith. To kill the Itch.

Take Barrowes greaſe a pretty quantity, and take an Apple and pare it, and take the Core clean out, then chop your Apple and your Barrows greaſe together, and ſet it over the fire, that it may melt, but not boyl; then take it from the fire, and put thereto a pretty quantity of roſe water, and ſtirr all together till it be cold, and keep it in a clean veſſel, and then anoint the face therewith. To take away the ſcars of the ſmall pox.

Take Quick-ſilver, and kill it with faſting ſpittle; then take Verdigreaſe, Arabick, Turpentine, Oyl Olive, and Populion, and mix them together to one intire oyntment, and anoint the ſores therewith, and keep the party exceeding warm. Or otherwiſe, take of Allom burned, of Roſin, Frankincenſe, Populion, Oyl of Roſes, Oyl *Debay*, Oyl Olive, green Copperas, Verdigreaſe, White-Lead, Mercury ſublimate, of each a pretty quantity, but of Allom moſt; then beat to powder the ſimples that are hard, and melt your oyls, and caſt in your powder, and ſtir all well together; then ſtrain them through a cloath, and apply it warm to the ſores: or elſe, take of Capons greaſe that hath toucht no water, the juice of Rue, and the fine powder of Pepper, and mix them together to an oyntment, and apply it round about the ſores, but let it not come into the ſores; and it will dry them up. For the french or ſpaniſh Pox

To put out the French or Spanish pox.

Take of Treacle half a penny worth, of long pepper as much, and of Grains as much, a little Ginger, and a little quantity of Licoras; warm them with strong Ale, and let the party drink it off, and lie down in his bed, and take a good sweat; and then when the sores arise, use some of the ointment before rehearsed.

To make the scabs of the French pox to fall away.

Take the juyce of red Fennel, and the juyce of Seagreen, and Stone honey, and mix them very well together till it be thick, and with it anoint the party; but before you do anoint him, you shall make this water. Take Sage, and seeth it in very fair water, from a gallon to a pottle, and put therein a quantity of hony, and some allom, and let them boyl a little together; when you have strained the herbs from the water; then put in your hony and your allom, and therewith wash the pox first, and let it dry in well, and then lay on the aforesaid ointment.

Additions to green wounds.

A defensitive for a green wound.

Take the oyl of the white of an Egg, wheat-flower, a little hony, and Venice Turpentine; take and stirre all these together, and so use it about the wound, but not within; and if the wound do bleed, then add to this salve a little quantity of Bolearmoniack.

A salve for a green wound.

Take *Opoponax* and *Galbanum*, of each an ounce, *Armoniacum* and Bedlind, of each two ounces, of Lethargy of gold one pound and an half, new wax half a pound, *Lapis Calaminaris* one ounce, Turpentine four ounces, Myrrhe two ounces, oyl *de bay* one ounce, Thus one ounce, *Aristolochia* roots two ounces, oyl of Roses two ounces, sallet oyl two pound. All the hard Simples must be beaten to fine powder, and searsed; take also three pints of right Wine vinegar, and put your four gums into the vinegar, a whole day before, till the gums be dissolved, then set it over the fire, and let it boyl very softly, until your vinegar be as good as boyled away; then take an earthen pot with a wide mouth, and put your oyl in, and your wax, but your wax must be scraped before you put it in; then by a little at once put in your Lethargy, and stir it exceedingly, then put in all your gums, and all the rest, but let your Turpentine be last, and so let it boyl till you see it grow to be thick; then pour it into a bason of water, and work it with oyl of Roses for sticking unto your hands, and make it up in rouls, plaister-wise; and here is to be noted, that your oyl of Roses must not

not be boyled with the reſt, but after is taken from the fire, a little before the Turpentine.

Take three good handfuls of ſage, and as much of Honiſuckle leaves, and the flowers clean picked; then take one pound of Roch Allom, and a quarter of a pound of right Engliſh honey clarified, half a penniworth of grains, and two gallons of running water; then put all the ſaid things into the water, and let them ſeeth till half be conſumed: then take it from the fire till it be almoſt cold, and ſtrain it through a clean cloth, and put it up in a glaſs; and then, either on teint or pleagant, uſe it as you have occaſion. A water to heal any green wound, cut, or ſore.

Take a quart of Ry flower, and temper it with running water, and make dough thereof, then according to the bigneſs of the wound, lay it within the defenſitive plaiſter before rehearſed, over it, and every dreſſing make it leſs and leſs till the wound be cloſed. To ſtaunch blood, and draw ſinews together.

Take a quart of Neats foot oyl, a quart of Ox galls, a quart of Aquavitæ, a quart of Roſe-water, a handfull of Roſemary ſtript, and boyl all theſe together till half be conſumed, then preſs and ſtrain it, and uſe it according as you find occaſion. A made oyl for ſhrinking ſinews.

Take Hony, Pitch, and Butter, and ſeeth them together, and anoint the hurt againſt the fire, and tent the ſore with the ſame. For a wound in the guts.

Take groundſil and ſtamp it, and ſeeth it with ſweet milk till it be thick, then temper it with black ſope, and lay it to the ſore. For pricking with a thorn.

Take Roſin, a quarter of a pound, of wax three ounces, of oyle of Roſes one ounce and a half; ſeeth them all together in a pint of white wine till it come to skimming; then take it from the fire, and put thereto two ounces of Venice Turpentine, and apply it to the wound or ſore. To gather fleſh in wounds.

Take Muſtard made with ſtrong Vinegar, the crums of brown bread, with a quantity of hony, and ſix figs mixt; temper altogether well, and lay it upon a cloath playſterwiſe; put a thin cloath between the plaiſter and the fleſh, and lay it to the place grieved, as oft as need requires. Additions for ach or ſwelings

Take a pound of fine Roſin, of oyl *de bay* two ounces, of *Pulion* as much, of Frankincenſe half a pound, of Oyl of Spike two ling. A yellow ſear-cloth for any pain or ſwelling.

two ounces, of oyl of Camomile two ounces, of oyl of Roſes two ounces, of Wax half a pound, of Turpentine a quarter of a pound; melt them and ſtirr them well together, and then dip linnen cloaths therein, and apply the Sear-cloath as you ſhall have occaſion: and note, the more oyl you uſe, the more ſupple the Sear-cloath is, and the leſs oyl, the ſtiffer it will be.

For bruiſes ſwelled. Take a little black ſope, ſalt and honey, and beat them well together, and ſpread it upon a brown paper, and apply it to the bruiſe.

For ſwelled leggs. Take Mallows and ſeeth them in the Dregs of good Ale or Milk, and make a plaiſter thereof, and apply it to the place ſwelled.

For any ach. Take in the month of *May*, Henbane, and bruiſe it well, and put it into an earthen pot, and put thereto a pint of Sallet oyl, and ſet it in the Sun till it be all one ſubſtance, then anoint the ach therewith.

☞ A plaiſter for any pain in the joynts. Take half a pound of unwrought Wax, as much Roſin, one ounce of *Galbanum*, a quarter of a pound of Lethargy of gold, three quarters of white-Lead, beaten to powder and ſearſt, then take a pint of Neets-foot oyl, and ſet it on the fire in a ſmall veſſel which may contain the reſt; and when it is all moulten, then put in the powders, and ſtirr it faſt with a ſlice, aud try it upon the bottome of a ſaucer; when it beginneth to be ſomewhat hard, then take it from the fire, and anoint a fair board with Neets-foot oyl, and as you may handle it for heat, work it up in touls, and it will keep five or ſix years, being wrapped up cloſe in paper; and when you will uſe it, ſpread of it thinn upon new Lockram or Leather, ſomewhat bigger than the grief, and ſo if the grief remove, follow it, renewing it morning and evening, and let it be ſomewhat warm when it is laid on, and beware of taking cold, and drinking hot wines.

For bones out of joynt, or ſinews ſprung or ſprained. Take four or five yolks of Eggs hard ſodden or roaſted, and take the branches of great Morrell, and the berries in Summer, and in the winter the roots, and bray all well together in a morter with ſheeps milk, and then fry it untill it be very thick, and ſo make a plaiſter thereof, and lay it about the ſore

fore, and it will take away both pain and ſwelling.

A bath for broken joynts.

Take a gallon of ſtanding Lye, put to it of Plantain and Knot-graſs, of each two handfull, of Worm-wood and Cumfrey, of each a handfull; and boyl all theſe together in the Lye a good while, and when it is luke warm, bathe the broken member therewith: And take the buds of the Elder gathered in *March*, and ſtrip it downward, and boyl them a little in water, then eat them in Oyl, and a very little wine vinegar, a good quantity at a time, in the morning, ever before meat, or an hour before the Patient go to dinner; and it much avails to the knitting of bones.

A general bath for clearing the skin, and comforting the body.

Take Roſe-mary, Fetherfew, Organy, Pellitory of the wall, Fennel, Mallows, Violet-leaves, and Nettles, boyl all theſe together, and when it is well ſodden, put to it two or three gallons of milk, then let the party ſtand or ſit in it an hour or two, the bath reaching up to the ſtomach, and when they come out, they muſt go to bed and ſweat, and beware of taking cold.

A ſoveraign help for broken bones.

Make a plaiſter of wheat flower, and the whites of Eggs, and ſpread it on a double linnen cloath, and lay the plaiſter on an eaven board, and lay the broken limb thereon, and ſet it eaven according to nature, and lay the playſter about it and ſplint it; and give him to drink, Knitwort, the juice thereof, twice and no more, for the third time it will unknit, but give him to drink nine dayes, each day the juice of Cumfrey, Daiſies, and Oſmund, in ſtale Ale, and it ſhall knit, and let the aforeſaid plaiſter lye to, ten dayes at the leaſt: And when you take it away, do thus, take Horehound, Red Fennel, Hounds tongue Walwort, and Pellitory, and ſeeth them; then unrole the member, and take away the ſplints, and then bathe the linnen and the playſter about the member in this bath, till it have ſoakt ſo long, that it come gently away of it ſelf, then take the aforeſaid plaiſter, and lay thereto five or ſix dayes very hot, and let each plaiſter lye a day and a night, and alwayes ſplint it well, and after cheriſh it with the oyntments before rehearſed for broken bones, and keep the party from unwholeſome meats and drinks till they be whole: and if the hurt be on his arme, let him bear a ball of green herbs

in

in his hand, to prevent the shrinking of the hand and sinews.

For any fever. Take Sage, Ragwort, Yarrow, unset Leeks, of each a like quantity, stamp them with Bay salt, and apply them to the wrists of the hands.

To expel heat in a fevor. Blanch Almonds in the cold water, and make milk of them (but it must not seeth) then put to it sugar, and in the extremity of heat, see that you drink thereof.

The royal medicine for fevers. Take three spoonfulls of Ale, and a little Saffron, and bruise and strain it thereto, then add a quarter of a spoonfull of fine Treacle, and mix altogether, and drink it when the fit comes.

Another. Take two roots of Crowfoot that grows in a Marsh ground, which have no little roots about them, to the number of twenty or more, and a little of the earth, that is about them, and do not wash them, and adda little quantity of salt, and mix it well together, and lay it on linnen cloaths, and bind it about your thumbs, betwixt the first and the neather joynt, and let it lye nine dayes unremoved, and it will expel the fever.

An approved Medicine for the greatest Lask or Flix.

Take a right Pomwater, the greatest you can get, or else two little ones, roast them very tender to pap, then take away the skinn and the core, and use only the pap, and the like quantity of Chalk finely scraped, mix them both together upon a trencher before the the fire, and work them well to a playster; then spread it upon a linnen cloath, warmed very hot as may be suffered, and so bind it to the navil for twenty four hours, use this medicine twice or thrice, or more, untill the Lask be stayed.

Of Oyle of Swallows.

To make the Oyl Oof Swallows, take Lavendar-cotten, Spike-Knot-grass, Rib-wort, Balm, Valerian, Rosemary tops, Wood-Bine tops, Vine strings, French mallows, the tops of Ale-coft,

Straw

Strawberry ſtrings, Turſan, Plantain, Walnut-tree leaves, the tops of young Beets, Iſop, Violet leaves, Sage of vertue, fine Roman Wormwood, of each of them a handfull; Camomile, and red Roſes, of each two handfull; twenty quick Swallows; and beat them altogether in a morter, and put to them a quart of Neets-foot-oyl, or May-butter, and grind them all well together with two ounces of Cloves well beaten; then put them altogether in an earthen pot, and ſtop it very cloſe, that no aire come into it, and ſet it nine days in a Celler, or cold place, then open your pot, and put into it half a pound of white or yellow wax, cut very ſmall, and a pint of oyl or butter, ; then ſet your pot cloſe ſtopped into a pan of water, and let it boyl ſix or eight hours, and then ſtrain it: this oyl is exceeding ſoveraign for any broken bones, bones out of joynt, or any pain or grief either in the bones or ſinews.

To make oyl of Camomile.

To make oyl of Camomile, take a quart of Sallet-Oyl and put it into a glaſs, then take a handfull of Camomile, and bruiſe it, and put it into the oyl, and let them ſtand in the ſame, twelve daies; only thou muſt ſhift it every three dayes, that is, to ſtrain it from the old Camomile, and put it in as much of new, and that oyl is very ſoveraign for any grief, proceeding from old cauſes.

To make oyl of Lavender.

To make oyl of Lavender, take a pint of ſallet-Oyl, and put it into a glaſs, then put to it a handfull of Lavender, and let it ſtand in the ſame twelve dayes, and uſe it in all reſpects, as you did your oyl of Camomile.

To make ſmooth hands.

To make an Oyl which ſhall make the skin of the hands very ſmooth, take Almonds, and beat them to oyl, then take whole Cloves, and put them both together into a glaſs, and ſet it in the Sun five or ſix daies; then ſtrain it, and with the ſame anoint your hands every night when you go to bed, or otherwiſe as you have convenient leiſure.

To make Dr. Stevens water.

To make that ſoveraign water, which was firſt invented by Dr. *Stephens*, in the ſame form that he delivered the Receit to the Arch-biſhop of *Canterbury*, a little before the death of the ſaid Doctor. Take a gallon of good Gaſcoyn-wine, then take Ginger, Galingal, Cinamon, Nutmegs, Grains, Cloves bruiſed, Fennel-ſeeds, Carraway-ſeeds, Origanum,

of

of every of them a like quantity, that is to say, a dram; then take sage, wild marjoram, penny-royall, mint, red-roses, time, pellitory, Rosemary, Wild-time, Camomile, Lavender, of each of them a handfull; then bray the spices small, and bruise the herbs, and put all into the wine, and let it stand so twelve hours, only stirr it divers times; then distill it by a Lymbeck, and keep the first water by it self, for that is the best; then keep the second water, for that is good; and for the last, neglect it not, for it is very wholsome, though the worst of the three. Now for the vertue of this water, it is this: it comforteth the spirits and vitall parts, and helpeth all inward diseases that commeth of cold; it is good against the shaking of the palsie, and cureth the contraction of the sinews, and helpeth the conception of women that be barren, it killeth the worms in the body, it cureth the cold cough, it helpeth the tooth-ach, it comforteth the stomach, and cureth the old dropsie, it helpeth the stone in the bladder, and in the Reins, it helpeth a stinking breath: And whosoever useth this water moderately, and not too often, it preserveth him in good liking, and will make him seem young in old age. With this water Doctor *Stevens* preserved his own life, untill such extream age, that he could neither go nor ride, and he continued his life being bed-rid five years, when other Physitians did judge he could not live one year, when he did confess a little before his death, saying: That if he were sick at any time, he never used any thing but this water only: and also the Arch-bishop of *Canterbury* used it, and found such goodness in it, that he lived till he was not able to drink out of a cup, but sucked his drink through a hollow Pipe of silver.

This water will be much the better it it be set in the Sun.

A restorative of Rosasolis.

To make a Cordiall Rosasolis, take Rosasolis, and in any wise touch not the leaves thereof in the gathering, nor wash it; take thereof four good handfulls, then take two good pints of Aquavitæ, and put them both in a glass, or pewterpot, of three or four pints, and then stop the same hard and just, and so let it stand three daies and three nights, and the third

day

day, ſtrain it through a clean cloath into another glaſs, or pewter pot, and put thereto half a pound of Sugar beaten ſmall, four ounces of fine Licoras beaten into powder, half a pound of ſound Dates, the ſtones being taken out, and cut them and make them clean, and then mince them ſmall, and mix all theſe together, and ſtop the glaſs or pot cloſe and juſt, and after diſtill it through a Lymbeck; then drink of it at night to bed-ward, half a ſpoonfull with Ale or Beer, but Ale is the better, as much in the morning faſting, for there is not the weakeſt body in the world that wanteth nature or ſtrength, or that is in a conſumption, but it will reſtore him again, and cauſe him to be ſtrong and luſty, and to have a marvellous hungry ſtomach, provided alwayes that this Roſa-ſolis be gathered (if poſſible) at the full of the Moon, when the Sun ſhineth before Noon, and let the roots of them be cut away.

Additions to the Oyls.

To make oyl of Roſes or Violets.

Take the flowers of Roſes or Violets, and break them ſmall, and put them into Sallet Oyl, and let them ſtand in the ſame ten or twelve dayes, and then preſs it. Or otherwiſe, take a quart of Oyl Olive, and put thereto ſix ſpoonfull of clean water, and ſtirr it well with a ſlice, till it wax as white as milk; then take two pound of red Roſe leaves, and cut the white of the ends of the leaves a way, and put the Roſes into the Oyl, and then put it into a double glaſs, and ſet it in the Sun all the Summer time, and it is ſoveraign for any ſcalding or burning with water or Oyl.

Or elſe take red Roſes new plucked, a pound or two, and cut the white ends of the leaves away, then take May-butter, and melt it over the fire with two pound of Oyl Olive, and when it is clarified, put into your Roſes, and put it all in a veſſel of glaſs, or of earth, and ſtop it well about, that no air enter in or out, and ſet it in another veſſel with water, and let it boyl half a day or more, and then take it forth and ſtrain or preſs it through a cloath, and put it into glaſs bottles: This is good for all manner of unkind heats.

To make Oyl of Nutmegs.

Take two or three pound of Nutmegs, and cut them ſmall, and bruiſe them well, then put them into a pan, and beat them, and ſtir them about; which done, put them into canvaſs

canvaſe or ſtrong linnen bag, and cloſe them in a preſs, and preſs them, and get out all the liquor of them, which will be like *manna*; then ſcrape it from the canvaſe bag, as much as you can, with a knife; then put it into ſome veſſel or glaſs, and ſtop it well, but ſet it not in the Sun, for it will wax clean of it ſelf, within ten or fifteen daies, and it is worth thrice ſo much as the Nutmegs themſelves, and the oyl hath very great vertue in comforting ſtomach, and inward parts, and aſſwaging the pain of the Mother, and Sciatica.

To make perfect oyl of Spike.

Take the flowers of Spike, and waſh them only in oyl Olive, and then ſtamp them well, then put them in a canvaſs bag, and preſs them in a preſs as hard as you can, and take that which commeth out, carefully, and put it into a ſtrong veſſel of glaſs, and ſet it not in the Sun, for it will clear of it ſelf, and wax fair and bright, and will have a very ſharp odour of the Spike; and thus you may make oyl of other herbs of like nature, as Lavender, Camomile, and ſuch like.

To make oyl of Maſtick.

Take an ounce of Maſtich, and an ounce of Olibanum pounded as ſmall as is poſſible, and boyl them in oyl Olive (a quart to a third part); then preſs it, and put it into a glaſs, and after ten or twelve daies it will be perfect: It is exceeding good for any cold grief.

Thus having in a ſummary manner, paſſed over all the moſt Phyſical and Chyrurgical notes, which burthen the mind of our *Engliſh-Houſewife*, being as much as is needfull for the preſervation of the health of her family; and having in this Chapter ſhewed all the inward vertues wherewith ſhe ſhould be adorned: I will now return unto her more outward and active Knowledges, wherein albeit the mind be as much occupied as before, yet is the body a great deal more in uſe: Neither can the work be well effected by rule or direction.

THE

The English House-wifes Skill in Cookery.

CHAP. I.

Of the outward and active Knowledge of the House-wife, and of her Skill in Cookery, as Sallets of all sorts, with Flesh, Fish, Sauces, Pastery, Banquetting-stuff, and ordering of great Feasts.

TO speak then of the outward and active Knowledges which belong unto our English House-wife, I hold the first and most principall to be, a perfect skill and Knowledge in Cookery, together with all the secrets belonging to the same, because it is a duty really belonging to women; and she that is utterly ignorant therein, may not by Laws of strict Justice, challeng the freedome of Marriage, because indeed she can then but performe half her vow: for she may love and obey, but she cannot cherish, serve, and keep him with that true duty which is ever expected.

To proceed then to this Knowledge of Cookery, you shall understand that the first step thereunto is, to have knowledge of all sorts of herbs belonging unto the Kitchin; whether they be for the Pot, for Sallets, for Sauces, for servings, or for any other seasoning or adorning, which skill of Knowledge of the herbs, she must get by her own true labour and experience and not by my relation, which would be much too tedious; and for the use of them, She shall see it in the composition of dishes and meats hereafter following. She shall also know the time of the year, month, and Moon, in which all Herbs are to be sown; and when they are in their best flou- She must know all herbs

riſhing, that gathering all herbs in their height of goodneſs, ſhe may have the prime uſe of the ſame. And becauſe I will inable and not burden her memory, I will here give her a ſhort Epitomy of all that Knowledge.

Her skill in the Garden.

Firſt then, let our Engliſh Houſ-wife know, that ſhe may then at all times of the moneth and moon generally ſow Aſparagus, Coleworts, Spinage, Lettice, Parſnips, Raddiſh, and Chives.

In *February*, in the New of the Moon, ſhe may ſow Spike, Garlick, Borage, Bugloſe, Chervile, Coriander, Gourds, Creſſes, Majoram, Palma-Chriſti, Flower-gentle, white-Poppy, Purſlan, Raddiſh, Rocket, Roſemary, Sorrel, double Marigolds and Time. The Moon full ſhe may ſow Aniſeeds, Musked violets, Beets, Skirrits, white-Succory, Fennel, and Parſley. The Moon old, ſow Holy thiſtle, cole Cabbage, white cole, green cole, Cucumbers, Hartſhorn, Dyers grain, Cabbage, Lettice, Mellions, Onions, Parſnips, Larks-heel, Burnet and Leeks.

In *March*, the Moon new ſow Garlick, Borrage, Bugloſs, Chervile, Coriander, Gourds, Marjoram, white-Poppy, Purſlan, Raddiſh, Sorrel, double Marigolds, Time, Violets. At the full Moon, Aniſeed, Beets, Skirrits, Succory; Fennel, Apples of Love, and Marvellous Apples. At the wain, Hartichokes, Baſill, Bleſſed-thiſtle, cole-Cabbage, white Cole, green cole, Citrons, Cucumbers, Hartſ-horn, Samphire, Spinage, Gilly-flowers, Iſop, Cabbage, Lettice, Mellons, Mugrets, Onions, Flower-Gentil, Burnet, Leeks, and Savory. In *May*, the Moon old, ſow bleſſed-thiſtle. In *June*, the Moon new, ſow Gourds and Raddiſhes The Moon old, ſow Cucumbers, Mellons, Parſnips. In *July*, the Moon at full, ſow white Succory; and the Moon old, ſow Cabbage Lettice. Laſtly, in *Auguſt*, the Moon at the full, ſow white Succory.

Tranſplanting of herbs.

Alſo ſhe muſt know that Herbs growing of Seeds may be tranſplanted at all times, except Chervile, Arage, Spinage, and Parſley, which are not good being once tranſplanted: Obſerving ever to tranſplant them in moiſt and rainy weather.

Choice of ſeeds.

Alſo ſhe muſt know that the choice of ſeeds are two fold, of which ſome grow beſt being new, and Cucumbers and Leeks, and

and some being old, as Coriander, Parsley, Beets, Origan, Savory, Cresses, Spinage, and Poppy: You must keeep cold Lettice, Hartichokes, Basil, Holy-thistle, Cabbage, Cole, Dyers grain, and Mellions fifteen dayes after they put forth of the earth.

Also seeds prosper better being sown in temperate weather then in hot, cold, or dry dayes. In the month of April the Moon being new, sow Majoram, Flower-gentle, Time, Violets: In the full Moon Apples of Love, and marvellous Apples; and in the Wain, Hartichokes, Holy-thistle, Cabbage, Cole, Citrons, Hartf-horn, Samphire, Gillyflowers and Parsnips.

Gathering of seeds.

Seeds must be gathered in fair weather at the Wain of the Moon, and kept some in Boxes of Wood, some in baggs of Leather, and some in Vessels of Earth, and after to be well cleansed and dried in the Sun or shadow: othersome, as Onions, Chibols, and Leeks, must be kept in their husks: Lastly, she must know, that it is best to plant in the last quarter of the Moon: to gather grafts in the last but one, and to graft two dayes after the change; and thus much for her Knowledge briefly of Herbs, and how she shall have them continually for her use in the Kitchin.

Of Cookery and the parts thereof.

It resteth now that I proceed unto Cookery it self, which is the dressiing and ordering of meat, in good and wholsome manner; to which when our Hous-wife shall address her self, she shall well understand that these qualities must ever accompany it: First, she must be cleanly both in body and garments, she must have a quick eye, a curious nose, a perfect taste, and ready ear; (she must not be butter fingred; sweet-toothed, nor faint hearted) for the first will let every thing fall, the second will consume what it should increase; and the last will lose time with too much niceness. Now for the substance of the Art it self, I will divide it into five parts: The first Sallets and Fricases; the second, boyld Meats and Broths; the third, Rost meats and Carbonadoes; the fourth Bak't meats and Pies; and the fift banquetting and made dishes, with other conceits and secrets.

Of Sallets; simple and plain.

First then to speak of Sallets, there be some simple, some compounded, some only to furnish out the Table, and some both for use and adornation: your simple Sallets are Chibols

pilled, washt clean, and half of the green topps cut clean away, so served on a fruit dish; or Chives, Scallions, Radish-roots, boyled Carrets, Skirrets, and Turnips, which such like served up simply: also, all young Lettice, Cabbage-lettice, Purslan, and divers other herbs, which may be served simply without any thing but a little Vinegar, Sallet-Oyl, and Sugar: Onions boyled and stript from their rind, and served up with Vinegar and Oyl, and Pepper, is a good simple Sallet; so is Camphire, Bean-cods, Asparagus, and Cucumbers, served in likewise with Oyl, Vinegar and Pepper, with a world of others, too tedious to nominate.

Of compound Sallets. Your compound Sallets, are first the young Buds and Knots of all manner of wholsome Herbs at their first springings; as red Sage, Mint, Lettice, Violets, Marigolds, Spinage, and many other mixed together, and then served up to the Table with Vinegar, Sallet-Oyl, and Sugar.

Another compound Sallet. To compound an excellent Sallet, and which indeed is usuall at great Feasts, and upon Princes Tables. Take a good quantity of blancht Almonds, and with your shredding Knife cut them grosly; then take as many Raisins of the Sun clean washt, and the stones pickt out, as many Figs shred like the Almonds, as many Capers, twice so many Olives, and as many Currants as of all the rest, clean washt: a good handfull of the small tender leaves of red Sage and Spinage: mix all these well together with good store of Sugar, and lay them in the bottome of a great dish; then put unto them Vinegar and Oyl, and scrape more Sugar over all: then take Oranges and Lemmons, and paring away the outward pills, cut them into thinn slices, then with those slices cover the Sallet all over; which done, take the fine thinn leafe of the red Cole-flower, and with them cover the Oranges and Lemmons all over; then over those Red leaves lay another course of old Olives, and the slices of well pickled Cucumbers, together with the very inward heart of Cabbage Lettice cut into slices, then adorn the sides of the dish, and the top of the Sallet with more slices of Lemmons and Oranges, and so serve it up.

To make an excellent compound boyl'd Sallet: take of Spinage

Spinage well washt, two or three handfulls, and put into it fair water, and boyl it till it be exceeding soft, and tender as pap; then put it into a Cullander, and drain the water from it, which done, with the back side of your Chopping-Knife, chop it, and bruise it as small as may be; then put it into a Pipkin with a good lump of Sweet-butter, and boyl it over again; then take a good handfull of Currants clean washt, and put to it, and stir them well together; then put to as much Vinegar as will make it reasonable tart, and then with Sugar season it according to the taste of the Master of the house, and so serve it upon sippets. **An excellent boyled Sallet.**

Your preserved Sallets are of two kinds, either pickled, as are Cucumbers, Samphire, Purslin, Broom, and such like; or preserved with Vinegar, as Violets, Primrose, Cowslips, Gilly-flowers, of all kinds, Broom-flowers, and for the most part any wholsome flower whatsoever. **Of preserving of Sallets.**

Now for the pickling of Sallets, they are only boyld and then drained from the water, spread upon a Table and good store of Salt thrown over them, then when they are thorough cold, make a pickle with water, Salt, and a little Vinegar, and with the same put them up in close earthen pots, and serve them forth as occasion shall serve.

Now for preserving of Sallets, you shall take any of the flowers beforesaid; after they have been pickt clean from their stalks, and the white ends (of them which have any) clean cut away, and washt and dried, and taking a glass pot, like a Gally-pot, or for want thereof a Gally-pot it self, and first strew a little Sugar in the bottom, then lay a layer of the Flower, then cover that layer over with Sugar, then lay another layer of the Flowers, and another of Sugar; and thus do one above another till the pot be filled; ever and anon pressing them hard down with your hand: This done, you shall take of the best and sharpest Vinegar you can get, (and if the Vinegar be distilled Vinegar, the Flowers will keep their colours the better) and with it fill up your pot till the Vinegar swim, aloft, and no more can be received; then stop up the pot close, and set them in a dry temperate place, and use them at pleasure, for they will last all the year.

The making of Strange Sallets.

Now for the compounding of Sallets, of these pickled and preserved things, though they may be served up simply of themselves, and are both good and dainty; yet for better curiosity, and the finer adorning of the Table, you shall thus use them. First, if you would set forth any Red-flower, that you know or have seen, you shall take your pots of preserved Gilliflowers, and suting the colours answerable to the Flower you shall proportion it forth, and lay the shape of the Flower, in a Fruit-dish; then with your Purslan leaves, make the green Coffin of the Flower, and with the Purslan stalks, make the Stalk of the Flower, and the divisions of the leaves and branches; then with the thinn slices of Cowcumbers, make their leaves in true proportions, jagged or otherwise: and thus you may set forth some full blown, some half blown, and some in the bud, which will be pretty and curious. And if you will set forth yellow Flowers, take the pots of Primroses and Cowslips; if blue Flowers, then the pots of Violets, or Buglos flowers; and these Sallets are both for shew and use, for they are more excellent for taste, than for to look on.

Sallets for shew only.

Now for Sallets for shew only, and the adorning and setting out of a Table with number of dishes, they be those which are made of Carret roots of sundry Colours well boyled, and cut into many shapes and proportions, as some into Knots, some in the manner of Scutchions, and Arms, some like Birds, some like Wild-Beasts; according to the Art and cunning of the Workman; and these for the most part are seasoned with Vinegar, Oyl, and a little Pepper. A World of other Sallets there are, which time and experience may bring to our Hous-wifes eye, but the composition of them, and the serving of them, differeth nothing from these already rehearsed.

Of Fricases and Quelquechoses.

Now to proceed to your Fricases, or Quelquechoses, which are dishes of many compositions, and ingredients, as Flesh, Fish, Eggs, Herbs, and many other things, all being prepared and made ready in a frying-pan, they are likewise of two sorts, simple and compound.

Of simple Fricases.

Your simple Fricases are Eggs and Collops fryed, whether the

the Collops be of Bacon, Ling, Beef, or young Pork, the frying whereof is so ordinary, that it needeth not any relation, or the frying of any Flesh, or Fish simple of it self with butter or sweet Oyl.

To have the best Collops and Eggs, you shall take the whitest and youngest Bacon, and cutting away the sword, cut the Collops into thinn slices, lay them in a dish, and put hot water unto them, and so let them stand an hour or two, for that will take away the extream saltness; then drain away the water clean and put them in a dry pewter dish, and lay them one by one, and set them before the heat of the fire, so as they may toast; and turn them so, as they may toast sufficiently thorow and thorow: Which done, take your Eggs and break them into a dish, and put a spoonfull of Vinegar unto them: Then set on a clean Skillet with fair water on the fire; and as soon as the water boyleth, put in the Eggs, and let them take a boyl or two; then with a spoon try if they be hard enough, and then take them up and trim them, and dry them, and then dishing up the Collops, lay the Eggs upon them, and so serve them up: And in this sort, you may poach Eggs when you please, for it is the best and most wholesome. **Best Collops and eggs.**

Now the compound Fricases are those which consist of many things, as Tansies Fritters, Pancakes, and any Quelquechose whatsoever, being things of great Request and Estimation in *France*, *Spain*, and *Italy*, and the most curious Nations. **Of the compound Fricases.**

First then for making the best Tansie, you shall take a certain number of Eggs, according to the bigness of your Frying-pan, and break them into a dish, abating ever the white of every third Egg: Then with a spoon, you shall cleanse away the little white Chickens knots, which stick unto the yolks; then with a little Cream, beat them exceedingly together: then take of green Wheat blades, *Violet-leaves*, *Strawberry-leaves*, *Spinage*, and *Succory*, of each a like quantity, and a few *Walnut-tree-buds*; chop and beat all these very well, and then strain out the juice, and mixing it with a little more Cream, put it to the Eggs, and stir all well together; then **To make the best Tansey.**

put in a few Crums of bread, fine grated bread, Cinamon, Nutmeg, and Salt; then put some sweet butter into the Frying-pan, and so soon as it is dissolved or melted, put in the Tansey, and fry it brown without burning, and with a dish turn it in the pan as occasion shall serve; then serve it up, having strewed good store of Sugar upon it, for to put in Sugar before, will make it heavy: Some use to put of the herb Tansey into it, but the Walnut-tree-buds do give the better taste or rellish, and therefore when you please for to use the one, do not use the other.

The best Fritters,

To make the best Fritters, take a pint of Cream and warm it; then take eight Eggs, only abate four of the Whites, and beat them well in a dish, and so mix them with the Cream; then put in a little Cloves, Mace, Nutmeg, and Saffron, and stirr them well together; then put in two spoonfulls of the best Ale-barm, and a little Salt, and stirr it again, then make it thick according unto your pleasure, with Wheat-flower: which done, set it within the air of the fire, that it may rise and swell, which when it doth, you shall beat it in once or twice; then put into it a penny pot of Sack: All this being done, you shall take a pound or two of very sweet seame, and put it into a pan, and set it over the fire, and when it is moulten, and beginneth to bubble, you shall take the Fritter-batter, and setting it by you, put thick slices of well pared Apples into the Batter, and then taking the Apples and Batter out together with a spoon, put it into the boyling seam, and boyl your Fritters crispe and brown: And when you find the strength of your seam consume or decay, you shall renew it with more seam: And of all sorts of seam, that which is made of the Beef-suet is the best and strongest; when your Fritters are made, strew good store of Sugar and Cinamon upon them, being fair dish't, and so serve them up.

The best Pancakes.

To make the best Pancake, take two or three Eggs, and break them into a dish, and beat them well; then add unto them a pretty quantity of fair running Water, and beat all well together: Then put in Cloves, Mace, Cinamon, and Nutmeg, and Season it with Salt; which done, make it as thick as you

you think good with fine Wheat-Flower, then fry the cakes as thinn as may be with sweet butter, or sweet seam, and make them brown, and so serve them up with Sugar, strowed upon them. There be some which mix Pancakes with new Milk or Cream, but that makes them tough, cloying, and not so crisp, pleasant and savory as running water.

Veal Tosts.

To make the best Veal Toasts, take the Kidney, fat and all, of a loin of Veal rosted, and shred it as small as is possible; Then take a couple of Eggs and beat them very well, which done, take Spinnage, Succory, Violet-leaves, and Marigold-leaves, and beat them, and strain out the juice, and mix it with the Eggs: Then put it to your Veal, and stirr it exceedingly well in a dish; then put to good store of Currants clean washt and pickt, Cloves, Mace, Cinamon, Nutmeg, Sugar, and Salt, and mix them all perfectly well together: Then tak a Manchet and cut it into Toasts, and tost them well before the fire; then with a spoon lay upon the Tost in a good thickness, the Veal, prepared as before said; which done, put into your Frying-pan good store of sweet butter, and when it is well melted and very hot; put your Tosts into the same with the bread side upward, and the flesh side downward, and as soon as you see they are fryed brown, lay upon the upper side of the Tosts which are bare, more of the flesh meat, and then turn them, and fry that side brown also; then take them out of the Pan, and dish them up, and strew Sugar upon them, and so serve them forth.

There be some Cooks which still do this but upon one side of the Tosts, but to do it upon both is much better; if you add Cream it is not amiss.

To make the best Pamperdy.

To make the best Panperdy, take a dozen Eggs, and break them, and beat them very well; then put unto them Cloves, Mace, Cinamon, Nutmeg, and good store of Sugar, with as much Salt as shall season it: then take a Manchet, and cut it into thick slices like Toasts; which done, take your Frying-pan, and put into it good store of sweet butter, and being melted lay in your slices of bread, then powre upon them one half of your Eggs, then when it is fryed, with a dish turn your slices of bread upward, and then powre on them the other

ther half of your Eggs, and so turn them till both sides be brown; then dish it up, and serve it with Sugar strewed upon it.

To make any Quelquechose

To make a Quelquechose, which is a mixture of many things together, take the Eggs and break them, and do away one half of the Whites, and after they are beaten, put them to a good quantity of sweet Cream, Currants, Cinamon, Cloves, Mace, Salt, and a little Ginger, Spinage, Endive, and Mari-gold-flowers grosly chopt, and beat them all very well together; then take Piggs Pettitoes slic'd and grosly chopt, mix them with the Eggs, and with your hand stirr them exceeding well together; then put sweet butter in your Frying-pan, and being melted, put in all the rest, and fr it brown without burning, ever and anon turning it, till it be fried enough; then dish it up upon a flat Plate, and so serve it forth. Only here is to be observed, that your Pettitoes must be very well boyled before you put them into the Fry-case.

Additions to the Housewifes Cookery.

And in this manner, as you make this Quelquechose, so you may make any other, whether it be of flesh, small Birds, sweet Roots, Oysters, Musles, Cockles, Giblets, Lemons, Oranges, or any Fruit, Pulse, or other Sallet herbs whatsoever, of which to speak severally, were a labour infinite, because they vary with mens opinions. Only the composition, and work is no other than this before prescribed: And who can do these, need no further instruction for the rest. And thus much for Sallets and Fricases.

To make Fritters.

To make Fritters another way; take Flower, Milk, Barm, grated bread, small Raisins, Cinamon, Sugar, Cloves, Mace, Pepper, Saffron, and Salt; stirr all these together very wel with a strong spoon, or small ladle, then let it stand more than a quarter of an hour, that it may rise; then beat it in again, and thus let it rise and be beat in twice or thrice at least; then take it and bake them in sweet and strong seam, as hath been before shewed; and when they are served up to the Table, see you straw upon them good store of Sugar, Cinamon, and Ginger.

To make the best white Puddings.

Take a pint of the best, thickest, and sweetest Creame, and boyl

boyl it, then whilſt it is hot, put thereunto a good quantity of great Oatmeal Groats very ſweet, and clean pickt, and formerly ſteept in milk twelve hours at leaſt, and let it ſoak in this Cream another night; then put thereto at leaſt eight yolks of Eggs, a little Pepper, Cloves, Mace, Saffron, Currants, Dates, Sugar, Salt, and great ſtore of Swine-Suet, or for want thereof great ſtore of Beef-Suet, and then fill it up in the Farmes according unto the order of good Houſ-wifery; and then boyl them on a ſoft and gentle fire, and as they ſwell, prick them with a great Pin, or ſmall Awl, to keep them that they burſt not; and when you ſerve them to the Table, (*which muſt not be untill they be a day old*) firſt boyl them a little, then take them out, and toaſt them brown before the fire, and ſo ſerve them, trimming the edge of the diſh either with Salt or Sugar.

Puddings of a Hoggs Liver.

Take the Liver of a fat Hogg, and parboyl it; then ſhred it ſmall, and after beat it in a Morter very fine; then mix it with the thickeſt and ſweeteſt Cream, and ſtrain it very well through an ordinary ſtrainer: Then put thereto ſix yolks of Eggs, and two Whites, and the grated crums of (near hand) a penny White-loaf, with good ſtore of Currants, Dates, Cloves, Mace, Sugar, Saffron, Salt, and the beſt Swine-ſuet, or Beef-ſuet, but Beef-ſuet is the more wholſome, and leſs looſning; then after it hath ſtood a while, fill it into the Farmes, and boyl them as before ſhewed: and when you ſerve them unto the Table, firſt boyl them a little, then lay them on a Gridiron over the coals, and broyl them gently, but ſcorch them not, nor in any wiſe break their skins, which is to be prevented by oft turning and toſſing them on the Gridiron, and keeping a ſlow fire.

To make bread puddings.

Take the Yolks and Whites of a dozen or fourteen Eggs, and having beat them very well, put unto them the fine powder of Cloves, Mace, Nutmeggs, Sugar, Cinamon, Saffron, and Salt; then take the quantity of two loaves of white grated Bread, Dates (very ſmall ſhred) and great ſtore of Currants, with good plenty either of Sheeps, Hoggs, or Beef ſuet beaten and cut ſmall: Then when all is mixt, and ſtirred well together, and hath ſtood a while to ſettle, then fill it into the Farmes

Farms, as hath been before shewed; and in like manner boyl them, cook them, and serve them to the Table.

Rice pudings. Take half a pound of Rice, and steep it in new Milk a whole night, and in the morning drain it, and let the Milk drop away, and take a quart of the best, sweetest, and thickest Cream, and put the Rice into it, and boyl it a little; then set it to cool an hour or two, and after put in the Yolks of half a dozen Eggs, a little Pepper, Cloves, Mace, Currants, Dates, Sugar, and Salt; and having mixt them well together, put in great store of Beef-suet well beaten and small shred, and so put it into the farms, and boyl them as before shewed, and serve them after a day old.

Another of Liver. Take the best Hogs Liver you can get, and boyl it extreamly, till it be as hard as a stone, then lay it to cool, and being cold, upon a bread grater grate it all to powder; then sift it through a fine Meal-sive, and put to it the crumms of (at least) two penny loaves of white-bread, and boyl all in the thickest and sweetest Cream you have, till it be very thick; then let it cool, and put to it the yolks of half a dozen Eggs, a little Pepper, Cloves, Mace, Currants, Dates, small shred, Cinamon, Ginger, a little Nutmeg, good store of Sugar, a little Saffron, Salt, and of Beef and Swines-suet, great plenty; then fill it into the Farms, and boyl them as before shewed.

Puddings of a Calves Mugget. Take a Calves-Mugget, clean and sweet dreft, and boyl it well; then shread it as small as is possible, then take of Strawberry leaves, of Endive, Spinage, Succory, and Sarnell, of each a pretty quantity, and chop them as small as is possible, and then mix them with the Mugget; then take the yolks of half a dozen Eggs, and three whites, and beat them into it also; and if you find it is too stiff, then make it thinner with a little Cream warmed on the fire, then put in a little Pepper, Cloves, Mace, Cinamon, Ginger, Sugar, Currants, Dates, and Salt, and work altogether, with casting in little pieces of Sweet butter one after another, till it have received good store of butter, then put it up in the Calves-bag, Sheeps-bag, or Hoggs-bag, and then boyl it well, and so serve it up.

Take

Take the blood of a Hogg whilſt it is warm, and ſteep in it a quart or more of great Oat-meal groats, and at the end of three dayes with your hands take the Groats out of the blood, and drain them clean; then put to thoſe Groats more then a quart of the beſt Cream warm'd on the fire; then take mother of Time, Parſley, Spinage, Succory, Endive, Sorrel, and Strawberry leaves, of each a few chopt exceeding ſmall, and mix them with the Groats, and alſo a little Fennel-ſeed, finely beaten; then add a little Pepper, Cloves, and Mace, Salt, and great ſtore of ſuet finely ſhred, and well beaten; then therewith fill your Forms, and boyl them, as hath been before deſcried. A Pudding.

Take the largeſt of your Chines of Pork, and that which is called a Liſt, and firſt with your Knife cut the lean thereof into thinn ſlices, and then ſhred ſmall thoſe ſlices, and then ſpread it over the bottome of a diſh or woodden platter: then take the fat of the Chine and the Liſt, and cut it in the very ſelf ſame manner, and ſpread it upon the lean, and then cut more lean, and ſpread it upon the fat, and thus do one lean upon another, till all the Pork be ſhred, obſerving to begin and end with the lean: Then with your ſharp Knife ſcotch it through and through divers wayes, and mix it all well together: then take good ſtore of Sage, and ſhred it exceeding ſmall, and mix it with the fleſh; then give it a good ſeaſon of Pepper and Salt, then take the Formes made as long as is poſſible, and not cut in pieces as for puddings, and firſt blow them well to make the meat ſlip, and then fill them: which done, with threds divide them into ſeverall links as you pleaſe; then hang them up in the corner of ſome Chimney clean kept, where they may take air of the fire, and let them dry there at leaſt four dayes before any be eaten; and when they are ſerved up let them be either fryed, or broyled on the Gridiron, or elſe roaſted about a Capon. Links.

It reſteth now that we ſpeak of boyl'd meat and broths, which foraſmuch as our Houſ-wife is intended to be generall, one that can as well feed the poor as the rich, we firſt begin with thoſe ordinary wholſome boyl'd meats which are of uſe in every good mans houſe; therefore to make the beſt ordinary Of boyled meats ordinary.

nary Pottage, you ſhall take a rack of mutton cut into pieces; or a leg of mutton cut into pieces; for this meat, and theſe joynts are the beſt, although any other joynt or any freſh Beef will likewiſe make good Pottage, and having waſht your meat well, put it into a clean pot with fair water, and ſet it on the fire, then take *Violet-leaves, Succory, Strawberry-leaves, Spinage, Langdebeef, Marigold-flowers, Scallions*, and a little *Paſtrey*, and chop them very ſmall together: then take half ſo much Oat-meal well beaten as there is herbs, and mix it with the herbs, and chop all very well together, then when the pot is ready to boyl, ſcum it very well, and then put in your Herbs, and ſo let it boyl with a quick fire, ſtirring the meat oft in the pot, till the meat be boyl'd enough, and that the herbs and water are mixt together without any ſeparation, which will be after the conſumption of more than a third part: Then ſeaſon them with ſalt, and ſerve them up with the meat, either with ſippets or without.

Pottage without ſight of herbs.

Some deſire to have their pottage green, yet no herbs to be ſeen, in this caſe, you muſt take your herbs and Oat-meal, and after it is chopt put it into a ſtone morter, or bowl; and with a wooden peſtel beat it exceedingly, then with ſome of the warm liquor in the pot, ſtrain it as hard as may be, and ſo put it in and boyl it.

Pottage without herbs.

Others deſire to have pottage without any herbs at all, and then you muſt only take Oat-meal beaten, and good ſtore of Onions and put them in and boyl them together; and thus doing you muſt take a greater quantity of Oat-meal than before.

Pottage with herbs.

If you will make pottage of the beſt and daintieſt kind, you ſhall take Mutton, Veal or Kidd, and having broken the bones but not cut the fleſh in pieces, and waſht it, put it into a pot with fair water; after it is ready to boyl, and throughly skumm'd, you ſhall put in a good handfull or two of ſmall Oat-meal: and then take whole Lettice, of the beſt and moſt inward leaves, whole Spinage, Endive, Succory, and whole leaves of Cole-flowers or the inward part of white Cabbage, with two or three ſlic't Onions: and putall into the pot, and boyl them well together till the meat be enough, and the Herbs ſo ſoft as may be, and ſtirr them oft well together; and then ſeaſon it with ſalt, and as much Ver-

juice

juice as will only turn the taſte of the Pottage; and ſo ſerve them up, covering the meat with the whole herbs; and adorning the diſh with ſippets.

To make ordinary ſtew'd broth. To make ordinary ſtew'd broth, you ſhall take a neck of Veal or a legg, or mary-bone of beef, or a pullet, or mutton, and after the meat is waſht, put it into a pot with fair water, and being ready to boyl, skumm it well: then you ſhall take a couple of Manchets, and paring away the cruſt, cut it into thick ſlices, and lay them in a diſh, and cover them with hot broth out of the pot; when they are ſteept, put them and ſome of the broth into a ſtrainer and ſtrain it, and then put it into a pot: then take half a pound of Prunes, half a pound of Raiſins, and a quarter of a pound of currants clean pickt and waſht, with a little whole Mace, and two or three bruiſed Cloves, and put them into the pot, and ſtirr all well together, and ſo let them boyl till the meat be enough; then if you will alter the colour of the broth, put in a little Turnſoyl, or red Sanders, and ſo ſerve it upon ſippets, and the fruit uppermoſt.

A fine boyled meat. To make an excellent boyled meat, take four pieces of a rack of mutton, and waſh them clean, and put them into a pot well ſcoured with fair water; then take a good quantity of Wine and Verjuice, and put into it; then ſlice a handfull of Onions, and put them in alſo, and ſo let them boyl a good while, then take a piece of ſweet Butter with Ginger and Salt, and put it to alſo, and then make the broth thick with grated bread, and ſo ſerve it forth with ſippets.

To boyl a Mallard. To boyl a *Mallard* curiouſly, take the *Mallard* when it is fair dreſſed, waſhed and cruſt, and put it on a Spit and roaſt it till you get the gravy out of it: Then take it from the Spit and boyl it, then take the beſt of the broth into a pipkin, and the gravy which you ſaved, with a piece of ſweet butter, and Currants, Vinegar, Pepper, and grated Bread: Thus boyl all theſe together, and when the *Mallard* is boyled ſufficiently, lay it on a diſh with ſippets, and the broth upon it, and ſo ſerve it forth.

To make an excellent *Olepotride*, which is the only principall

pall dish of boyled meat which is esteemed in all *Spain*; you shall take a very large vessel pot or Kettle, and filling it with water, you shall set it on the fire, and first put in good thick gobbets of well fed beef, and being ready to boyl, skum your pot; when the beef is half boyled, you shall put in it Potato-roots, Turneps, and Carrets: also like gobbets of the best Mutton, and the best Pork; after they have boyled a while, you shall put in the like gobbets of Venison Red and Fallow if you have them; then the like gobbets of Veal, Kid, and Lamb; a little space after these, the fore parts of a fat Pigg, and a cramb'd Pullet: Then put in Spinage, Endive, Succory, Marigold leaves and flowers, Lettice, Violet-leaves, Strawberry-leaves, Bugloss and Scallions all whole and unchopt, then when they have boyled a while, put in a Partridge and a Chicken chopt in pieces, with Quails, Rayls, Black-birds, Larks, Sparrows, and other small birds, all being well and tenderly boyled, season up the broth with good store of Sugar, Cloves, Mace, Cinamon, Ginger, and Nutmeg, mixt together in a good quantity of Verjuice and Salt, and so stirr up the pot well from the bottome: then dish it up upon great Chargers or long Spanish-Dishes, with store of sippets in the bottome: then cover the meat all over with Prunes, Raisins, Currants, and blancht Almonds, boyled in a thing by themselves; then cover the fruit and the whole boyled herbs, and the herbs with slices of Oranges, and Lemmons, and lay the roots round about the sides of the dish, and strew good store of Sugar over all, and so serve it forth.

To make the best white broth.

To make the best white-broth, whether it be with Veal, Capon, Chickins, or any other fowl or Fish; First boyl the flesh or Fish by it self, then take the value of a quart of strong Mutton broth, or sad Kid-broth, and put it into a pipkin by it self, and put into it a bunch of Time, Marjoram, Spinage and Endive bound together; then when it seeths, put in a pretty quantity of Beef-marrow, and the marrow of Mutton, with some whole Mace and a few bruised Cloves: then put in a pint of White-wine, with a few whole slices of Ginger; after they have boyled a while together, take blancht Almonds, and having beaten them together in a morter with some of the broth, strain them and

put

put it in also: then in another Pipkin boyl Currants, Prunes, Raisins and whole Cinamon in Verjuice and Sugar, with a few sliced Dates; and boyl them till the Verjuice be most part consumed, or at least come to sirrup; then drain the fruit from the sirrup, and if you see it be high coloured, make it white with sweet cream warmed, and so mix it with your Wine broth: then take out the Capon or the other flesh or Fish, and dish it up dry in a dish; then powre the broth upon it, and lay the fruit on the top of the meat, and adorn the side of the dish with very dainty sippets, First Oranges, Lemmons, and Sugar, and so serve it forth to the Table

To boyl any wild Fowl, *Mallard, Teal, Widgeon,* or such like: First boyl the Fowl by it self, then take a quart of strong Mutton broth, and put it into a Pipkin and boyl it; then put unto it good store of slic't Onions, a bunch of sweet pot herbs, and a lump of sweet butter: after it hath boyled well, season it with Verjuice, Salt and Sugar, and a little whole Pepper; which done, take up your fowl and break it according to the fashion of carving, and stick a few Cloves about it; then put it into the broth with Onions, and there let it take a boyl or two, and so serve it and the broth forth upon the sippets: some use to thicken it with toasts of bread steept and strained, but that is as pleases the Cook. To boyl any wild fowl.

To boyl a legg of Mutton, or any other joynt of meat whatsoever; first, after you have washt it clean, par-boyl it a little, then spit it and give it half a dozen turns before the fire, then draw it when it begins to drop and press it between two dishes, and save the gravy; then slash it with your Knife, and give it half a dozen turns more; and then press it again: and thus do as often as you can force any moysture to come from it; then mixing Mutton broth, White Wine, and Verjuice together, boyl the Mutton therein till it be tender, and that most part of the liquor is clean consumed; then having all that while kept the gravy you took from the Mutton stewing gently upon a Chaffing-dish and coals, you shall add unto it good store of Salt, Sugar, Cinamon and Ginger with some Lemmon slices, and a little of an Orange-peel, with a few fine white bread crumms: then taking up the Mutton, put the remainder of the broth in To boyl a leg of Mutton.

and put in likewiſe the gravy, and then ſerve it up with ſippets, laying the Lemman ſlices uppermoſt, and trimming the diſh about with ſugar.

If you will boyl Chickens, young Turkeys, Pea-hens, or Houſe fowl daintily; you ſhall, after you have trimmed them, drawn them, truſt them, and waſht them, fill their bellies as full of Parſley as they can hold: Then boyl them with Salt and water only, till they be enough: Then take a diſh and put into it Verjuice and Butter, and Salt, and then when the butter is melted, take the Parſley out of the Chickens belly, and mince it very ſmall, and then put it to the Verjuice and Butter: and ſtirr it well together; then lay in the Chickens, and trimm the diſh with ſippets, and ſo ſerve it forth.

A broth for any freſh fiſh.

If you will make broth with any freſh Fiſh whatſoever, whether it be Pike, Bream, Carp, Eel, Barbel, or ſuch like: you ſhall boyl water, Verjuice and Salt together with a handfull of ſliced Onions; then you ſhall thicken it with two or three ſpoonfull of Ale-barm, then put in a good quantity of whole Barberies, both branches and other, as alſo pretty ſtore of Curants: then when it is boyled enough, Diſh up your Fiſh and powre your broth unto it, laying your fruit and Onions uppermoſt. Some to this broth will put Prunes and Dates ſliced, but it is according to the fancy of the Cook, or the Will of the Houſeholder.

Additions to boyl meat.

Thus I have from theſe few preſidents ſhewed you the true Art and making of all ſorts of boyled meats, and broths; and though men may coyn ſtrange names, and feign ſtrange Arts, yet be aſſured ſhe that can do theſe, may make any other whatſoever, altering the taſte by the alteration of the compounds as ſhe ſhall ſee occaſion: And when a broth is too ſweet, to ſharpen it with Verjuice, when too tart, to ſweeten it with Sugar; when flat and wallowiſh, to quicken it with Oranges and Lemmons; and when too bitter to make it pleaſant with herbs and ſpices.

A Mallard ſmoared, or a Hare, or old Cony.

Take a Mallard when it is clean dreſſed, waſhed and truſt, and parboyl it in water, till it be skumm'd and purified: Then take it up, and put it into a Pipkin with the neck downward, and the tayl upward, ſtanding as it were upright: Then fill the Pipkin

Pipkin half full with that water, in which the Mallard was parboyled, and fill up the other half with white-wine: then peel and slice thinn a good quantity of Onions, and put them in with whole fine herbs, according to the time of the year, as Lettice, Strawberry-leaves, Violet-leaves, Vine-leaves, Spinage, Endive, Succory, and such like, which have no bitter or hard taste, and a pretty quantity of Currants and Dates sliced: then cover it close, and set it on a gentle fire, and let it stew, and smoar till the herbs and Onions be soft, and the Mallard enough, then take out the Mallard, and carve it as if it were to go to the Table: Then to the broth put a good lump of butter, Sugar, Cinamon; and if it be in Summer, so many Goose-berries as will give it a sharp taste, but in the Winter, as much Wine-vineger, then heat it on the fire and stirr all well together; then lay the Mallard in a dish with sippets, and powre all this broth upon it, then trim the edge of the dish with Sugar, and so serve it up. And in this manner you may also smoar the hinder parts of a Hare, or a whole old Cony, being trust up close together.

To stew a pike

After your Pike is dresst and opened in the back, and laid flat, as if it were to fry; then lay it in large dishes for the purpose, able to receive it; then put as much White-wine to it, as will cover it all over; then set it on a chaffingdish and coals to boyl very gently, and if any skum arise, take it away; then put to it Currants, Sugar, Cinamon, Barberies, and as many Prunes as will serve to garnish the dish; then cover it close with another dish and let it stew till the fruit be soft, and the Pike enough; then put it to a good lump of sweet butter; then with a fine skummer, take up the Fish, and lay it in a clean dish with sippets; then take a couple of yolks of eggs, the film taken away, and beat them well together with a spoonfull or two of Cream, and as soon as the Pike is taken out, put it into the broath and stirr it exceedingly, to keep it from curding; then powre the broth upon the Pike, and trim the sides of the dish with Sugar, Prunes, and Barberies, slices of Oranges or Lemmons, and so serve it up. And thus may you also stew Roches, Gurnets, or almost any Sea fish or fresh fish.

To stew a Lambs head & purtenance.

Take a Lambs head and Purtenance, clean washt and pickt, and put it into a Pipkin with fair water, and let it boyl, and skum

skumm it clean, then put Currants and a few sliced Dates, and a bunch of the best farcing herbs tyed up together, and so let it boyl well till the meat be enough, then take up the Lambs head and Purtenance, and put it into a clean dish with sippets, ; then put in a good lump of butter, and beat the yolks of two eggs with a little Cream and put it to the broth with Sugar, Cinamon, and a spoonfull or two of Verjuice and whole Mace, and as many Prunes as will garnish a dish, which should be put in when it is but half boyled, and so powre it upon the Lambs head and Purtenance, and adorn the sides of the dish with Sugar, Prunes, Barberries, Oranges, and Lemmons, and in no case forget to season it well with Salt, and so serve it up.

A Breast of Mutton stew'd

Take a very good breast of Mutton chopt into sundry large peeces, and when it is clean washt, put it into a Pipkin with fair water, and set it on the fire to boyl; then skumm it very well, then put in of the finest parsnips cut into large peeces as long as ones hand, and clean washt and scrapt, then good store of the best Onions, and all manner of sweet pleasant Pot-herbs and Lettice, all grosly chopt, and good store of Pepper and Salt, and then cover it and let it stew till the Mutton be enough, then take up the Mutton, and lay it in a clean dish with sippets, and to the broth put a little wine vinegar, and so powre it on the mutton with the Parsnips whole, and adorn the sides of the dish with Sugar, and so serve it up. And as you do with the breast, so you may do with any other joynt of Mutton.

To stew a Neets foot

Take a Neats foot that is very well boyld (for the tenderer it is the better it is, and cleave it in two, and with a clean cloath dry it well from the Souse-drink, then lay it in a deep earthen platter and cover it with Verjuice, then set it on a Chafing-dish and coals, and put to it a few Currants and as many Prunes as will garnish the dish, then cover it and let it boyl well, many times stirring it up with your Knife, for fear it stick to the bottome of the dish; then when it is sufficiently stewed; which will appear by the tenderness of the meat and softness of the fruit, then put in a good lump of butter, great store of Sugar and Cinamon; and let it boyl a little after: then put it altogether into a clean dish with sippets and adorn the sides of the dish with Sugar and Prunes, and so serve it up.

Of Roast meats.

To proceed then to Roast-meats, it is to be understood, that in

that in the generall knowledge thereof are to be obſerved theſe few Rules. Firſt the clean keeping and ſcouring of the ſpits and cob-irons; next the neat picking and waſhing of meat, before it be ſpitted; then the ſpitting and broaching of meat, which muſt be done ſo ſtrongly and firmly, that the meat may by no means either ſhrink from the ſpit, or elſe turn about the ſpit: and yet ever to obſerve that the ſpit do not go, through any principal part of the meat, but ſuch as is of leaſt account and eſtimation; and if it be birds, or fowl which you ſpit, then to let the ſpit go through the hollow of the body of the fowl, and ſo faſten it with Pricks or skewers under the wings about the thighs of the fowl, and at the feet or Rump, according to your manner of truſſing and dreſſing them.

Obſervations in roaſt meats.

Spitting of roaſt meats.

Then to know the Temperatures of fires for every meat, and which have a ſlow fire, and yet a good one, taking leiſure in roaſting as Chines of Beef, Swans, Turkies, Peacocks, Buſtards, and generally any great large Fowl, or any other Joynts of Mutton, Veal, Duck, Kidd, Lamb, or ſuch like: whether it be Veniſon red or Fallow; which indeed would lye long at the fire, and ſoak well in the roaſting, and which would have a quick and ſharp fire without ſcorching; as Piggs, Pullets, Pheaſants, Partridges, Quails, and all ſorts of middle ſized, or leſs fowl, and all ſmall birds, or compound roaſt meats, as Olives of Veal, Harſlets; a pound of butter roaſted, or puddings ſimple of themſelves, and many other ſuch like, which indeed would be ſuddenly and quickly diſpatcht, becauſe it is intended in Cookery, that one of theſe diſhes muſt be made ready while the other is in eating. Then to know the complexions of meats, as which muſt be Pale and white roaſted, and yet throughly roaſted, as Mutton, Lamb, Kid, Capon, Pullet, Pheaſant, Partridge, Veal, Quail; and all ſorts of middle and ſmall Land or water Fowl, and all ſmall birds; which muſt be ſo brown roaſted, as Beef, Veniſon, Pork, Swan, Geeſe, Piggs, Crane, Buſtards, or any large Fowl, or other thing whoſe fleſh is black.

Temperature of fires.

The complexions of meat.

Then to know the beſt baſtings for meat, which is ſweet Butter, ſweet Oyl, Barrell butter, or fine rendred up ſeam, with Cinamon, Cloves, and Mace. There be ſome that will baſte only with Water and Salt, and nothing elſe:

The beſt baſtings of meat.

yet it is but opinion, and that must be the worlds Master alwayes.

The best dredging.

Then the best dredging, which is either fine white bread crums, well grated; or else a little very white meal, and the crumms very well mixt together.

To know when meat is enough.

Lastly, to know when meat is roasted enough; for as too much rawness is unwholsome, so too much dryness is not nourishing. Therefore to know when it is in the perfect height, and is neither too moist nor too dry, you shall observe these signs: First, in your large joynts of meat, when the steam or smoak of the meat ascendeth, either upright or else goeth from the fire, when it beginneth a little to shrink from the spit, or when the gravy which droppeth from it is cleer without bloodiness, then is the meat enough.

If it be a Pigg, when the eyes are fallen out, and the body leaveth Piping: For the first is when it is half roasted, and would be sindged to make the coat rise, and crackle, and the latter when it is full enough, and would be drawn: Or if it be any kind of Fowl you roast, when the thighs are tender, or the hinder parts of the pinions at the setting on of the wings, are without blood, then be sure that your meat is fully enough roasted: yet for a better and more certain assuredness; you may thrust your Knife into the thickest parts of the meat, and draw it out again, and, if it bring out white gravy without any bloodiness, then assuredly it is enough, and may be drawn with all speed convenient, after it hath been well basted with butter not formerly melted, then dredging as aforesaid, then basted over the dredging, and so suffered to take two or three turns, to make crispe the dredging: Then dish it in a fair dish with salt sprinkled over it, and so serve it forth. Thus you see the general form of roasting all kind of meat: Therefore now I will return to some particular dishes, together with their severall sawces.

Roasting of Mutton with Oysters.

If you will roast Mutton with Oysters, take a shoulder alone, or a legg, and after it is washt, parboyl it a little: then take the great Oysters and having opened them into a dish, drain the gravy clean from them twice or thrice, then parboyl them a little, then take Spinage, Endive, Succory, Strawbery-leaves, Violet leaves, and a little Parsly, with some Scallions; chop these very small toge-

together, then take your Oisters very dry drain'd and mix them with an half part of these herbs: then take your meat, and with these Oisters and herbs farce or stop it, leaving no place empty, then spit it and roast it, and whilst it is in roasting, take good store of Verjuice, and Butter, and Salt, and set it in a dish on a chafing-dish and coals; and when it begins to boyl put in the remainder of your herbs without Oysters and a good quantity of Currants, with Cinamon, and the yolks of a couple of Eggs, and after they are well boyled and stirred together, season it up according to your taste with Sugar; then put in a few Lemmon slices; the meat being enough, draw it, and lay it upon this sawce removed into a clean dish, the edge thereof being trimmed about with Sugar, and so serve it forth.

To roast a Legg of Mutton after an Outlandish fashion, you shall take it after it is wash'd, and cut off all the flesh from the bone leaving only the outmost skinn intirely whole and fast to the bone; then take thick Cream and the yolks of eggs, and beat them exceedingly together; then put to Cinamon, Mace, and a little Nutmegg, with Salt: Then take bread-crums, finely grated and searst with good store of Currants, and as you mix them with the Cream, put in Sugar, and so make it into a good stiffness: Now if you would have it look green, put in the juice of sweet herbs, as Spinage, Violet leaves, Endive, &c. If you would have it yellow, then put in a little Saffron strained, and with this fill up the skinn of your legg of Mutton in the same shape and form that it was before, and stick the out side of the skinn thick with Cloves, and so roast it throughly and baste it very well, then after it is dredg'd serve it up as a legg of Mutton with this pudding, for indeed it is no other, you may stop any other joynt of meat, as brest or loin, or the belly of any fowl boyled or roast, or Rabbet or any meat else which hath skinn, or emptiness; if into this pudding also you beat the inward pith of an Oxes back, it is both good in taste, and excellent soveraign for any disease, ach, or flux in the reins whatsoever. To roast a leg of Mutton otherwise.

To roast a Gigget of Mutton, which is the legg splatted and half part of of the loin together, you shall after it is washt stop it with Cloves; so spit it and lay it to the fire, and tend it well with basting; then you shall take Vinegar, Butter, and To roast a Gigget of Mutton.

Currants, and ſet them on a fire in a diſh or Pipkin ; then when it boyls you ſhall put in ſweet herbs finely chopt, with the yolks of a couple of eggs, and ſo let them boyl together : then the meat being half roaſted, you ſhall pare off ſome part of the leaneſt and brown, then ſhred it very ſmall, and put it into the Pipkin alſo : then ſeaſon it up with Sugar, Cinamon, Ginger, and Salt, and ſo put it into a clean diſh, then draw the Gigget of Mutton and lay it on the Sawce, and throw Salt on the top and ſo ſerve it up.

To roaſt Olives of Veal.

You ſhall take a legg of Veal, and cut the fleſh from the bones, and cut it out into thinn long ſlices : then take ſweet herbs, and the white part of Scallions, and chop them well together with the yolks of eggs, then role it up within the ſlices of Veal, and ſo ſpit them and roaſt them : Then boyl Verjuice, Butter, Sugar, Cinamon, Currants and ſweet herbs together, and being ſeaſoned with a little ſalt, ſerve the Olives up upon the Sawce with ſalt caſt over them.

To Roaſt a Pigg.

To roaſt a Pigg curiouſly, you ſhall not ſcald it, but draw it with the hair on, then having waſht it, ſpit it and lay it to the fire, ſo as it may not ſcorch, then being a quarter roaſted, and the skinn bliſtred from the fleſh with your hand pull away the hair and skinn, and leave all the fat and fleſh perfectly bare : then with your Knife ſcotch all the fleſh down to the bones, then baſte it exceedingly with ſweet butter and Cream, being no more but warm : then dredge it with fine bread crums, Currants, Sugar, and ſalt mixt together ; and thus apply dredging upon baſting, and baſting upon dredging, till you have covered all the fleſh a full inch deep : Then the meat being fully roaſted, draw it, and ſerve it up whole.

To Roaſt a pound of Butter well.

To roaſt a pound of butter curiouſly and well, you ſhall take a pound of ſweet butter, and beat it ſtiff with Sugar and the yolks of Eggs, then clap it round wiſe about a ſpit, and lay it before a ſoft fire, and preſently dredge it with the dredging before appointed for the Pigg : then as it warmeth or melteth, ſo apply it with dredging till the butter be overcommed and no more will melt to fall from it : then roaſt it brown, and ſo draw it, and ſerve it out, the diſh being as neatly trim'd with Sugar as may be.

To roaſt a pudding upon a ſpit, you ſhall mix the pudding be-

being ſpoken of in the legg of Mutton, neither omitting herbs or Saffron, and put to a little ſweet butter and mix it very ſtiff, then fold it about the ſpit, and have ready in another diſh ſome of the ſame mixture well ſeaſoned, but a great deal thinner, and no butter at all in it; and when the pudding doth begin to roaſt, and that the butter appears, then with a ſpoon cover it all over with the thinner mixture, and ſo let it roaſt: then if you ſee no more butter appear, then baſte it as you did the Pigg, and lay more of the mixture on, and ſo continue till all be ſpent; and then roaſt it brown and ſo ſerve it up. To Roaſt a pudding on a ſpit.

If you will Roaſt a Chine of Beef, a loyn of Mutton, a Capon, and a Lark all at one inſtant, and at one fire, and have all ready together and none burnt, you ſhall firſt take your Chine of Beef and parboyl it more than half through: Then firſt take your Capon, being large and fat, and ſpit it next the hand of the turner, with the leggs from the fire, then ſpit the Chine of Beef, then the Lark, and laſtly the loyn of Mutton, and place the Lark ſo as it may be covered with the beef and the fat part of the Loyn of Mutton, without any part diſcloſed; then baſte your Capon and your loyn of Mutton with cold water and ſalt, the Chine of Beef with boyling Lard, then when you ſee the beef is almoſt enough, which you ſhall haſten by ſcotching and opening of it, then with a clean cloath you ſhall wipe the Mutton, and Capon all over, and then baſte it with ſweet butter till all be enough roaſted; then with your knife lay the Lark open, which by this time wil be ſtewed between the beef and Mutton, and baſting it alſo with dredge altogether, draw them and ſerve them up. To Roaſt a Chine of Beef, Loyn of Mutton, Lark and Capon at one fire, and at one inſtant.

If you will Roaſt any Veniſon, after you have waſht it and clenſed all the blood from it, you ſhall ſtick it with Cloves all over on the outſide; and if it be lean, you ſhall either lard it whith Mutton lard, or Pork lard, but mutton is the beſt: then ſpit it and roaſt it by a ſoaking fire, then take vinegar, bread crumms, and ſome of the gravy which comes from the veniſon, and boyl them well in a diſh: then ſeaſon it with Sugar, cinamon, ginger and ſalt, and ſerve the veniſon forth upon the ſawce when it is roaſted enough. To Roaſt Veniſon.

If you will Roaſt a piece of freſh Sturgeon, whith is a dainty diſh, you ſhall ſtop it with Cloves, then ſpit it, and let it Roaſt at great leiſure, plying it continually with baſting, which will take

take away the hardneſs, Then when it is enough you ſhall draw it and ſerve it upon Veniſon ſawce, with ſalt only thrown upon it.

The Roaſting of all ſorts of meats differeth nothing but in the fire, ſpeed and leiſure as is aforeſaid, except theſe compound diſhes, of which I have given you ſufficient preſidents, and by them you may performe any work whatſoever: But for the ordering, preparing, and truſſing your meat for the ſpit or Table, in that there is much difference: for in all joynts of meat, except a ſhoulder of Mutton, you ſhall cruſh and break the joynts well; from Piggs and Rabbets you ſhall cut off the feet before you ſpit them, and the heads when you ſerve them to the Table; and the Pigg you ſhall chine and divide into two parts: Capons, Pheaſant, Chickens and Turkies you ſhall roaſt with the Pinions folded up, and the leggs extended: Hens, Stock-doves, and Houſ-doves, you ſhall Roaſt with the Pinions folded, and the leggs cut off by the knees and thruſt into the bodies: Quails, Partridges, and all ſorts of ſmall Birds ſhall have their Pinions cut away, and the leggs extended: All ſorts of Water fowl ſhall have their Pinions cut away, and their leggs turned backwards: Wood-cocks, Snipes and Stint ſhall be Roaſted with their Heads and Necks on, and their leggs thruſt into their bodies, and Shovelers and Bitturns ſhall have no necks but their heads only.

To Roaſt a Cows Udder.

Take a Cows Udder, and firſt boyl it well; then ſtick it thick all over with Cloves; then when it is cold, ſpit it, and lay it on the fire, and apply it very well with baſting of ſweet butter, and when it is ſufficiently roaſted and brown, then dredge it, and draw it from the fire, take Vinegar and butter, and put it on a chaffing-diſh and coals, and boyl it with White bread crumm, till it be thick: then put to it good ſtore of Sugar and Cinamon, and putting it into a clean diſh, lay the Cows Udder therein, and trimm the ſides of the diſh with Sugar, and ſo ſerve it up.

To roaſt a Fillet of Veal.

Take an excellent good legg of Veal, and cut the thick part thereof a handfull and more from the Knuckle: Then take the thick part (which is the fillet) and farce it in every part all over with Strawberry-leaves, Sorrell, Spinage, Endive, and

Suc-

Succory grosly chopt together, and good store of Onions, then lay it to the fire and roast it very sufficiently and brown, casting good store of Salt upon it, and basting it well with sweet butter: then take of the former herbs much finer chopt than they were for farcing, and put them into a Pipkin with Vinegar and clean washt Currants, and boyl them well together; then when the herbs are sufficiently boyled and soft, take the yolks of four very hard boyled Eggs, and shred them very small, and put them into the Pipkin also with Sugar and Cinamon and some of the gravy which drops from the Veal, and boyl it over again, and then put it into a clean dish, and the fillet being dredged and drawn, lay upon it and trim the side of the dish with Sugar, and so serve it up.

To make an excellent Sauce for a roast Capon, you shall take Onions, and having sliced and peeled them, boyl them in fair water with Pepper, Salt, and a few bread crumms: then put unto it a spoonfull or two of Claret Wine, the juice of an Orange, and three or four slices of Lemmon peel: all these shred together, and so powre it upon the Capon being broke up.

To make a sawce for an old Hen or Pullet, take a good quantity of Beer and Salt, and mix them well together with a few fine bread crumms, and boyl them on a chafing-dish and coals; then take the yolks of three or four hard Eggs, and being shred small put it to the Beer, and boyl it also; then the Hen being almost enough, take three or four spoonfull of the gravy which comes from her, and put it in also, and boyl all together to an indifferent thickness: which done, suffer it to boyl no more, but only to keep it warm on the fire, and put into it the juice of two or three Oranges, and the slices of Lemmon-peels shred small, and the slices of Oranges, having also the upper rind taken away, Then the hen being broke up, take the brains thereof, and shredding them small, put it into the Sawce also, and stirring all well together, put it hot into a clean warm dish, and lay the Hen (broke up) in the same.

The Sawce for Chickens is divers, according to mens tastes: for some will only have Butter, Verjuice, and a little Parsly

Parſley roaſted in their bellies mixt together; others will have butter, Verjuice, and Sugar boyl'd together with toaſts of bread, and others will have thick ſippets with the juice of Sorrel and Sugar mixt together.

The beſt Sawce for a Pheaſant is water and Onions ſlic't, Pepper and a little Salt mixt together, and but ſtewed upon the coals, and then poured upon the Pheaſant or Partridge, being broken up, and ſome will put thereto the juice or ſlices of an Orange or Lemmon, or both: but it is according to taſte, and indeed more proper for Pheaſants than Partridge.

Sawce for a Quail, Rail, or any fat big bird, is Claret wine and ſalt mixt together with the gravy of the bird, and a few fine bread crumms well boyled together, and either a Sage leaf, or Bay leaf cruſht amongſt it, according to mens taſtes.

Sawce for Pigeons. The beſt ſawce for Pidgeons, Stock-doves, or ſuch like, is Vinegar and butter melted together and Parſley roaſted in their bellies, or Vine leaves roſted and mixed well together.

A general ſawce for wild fowl. The moſt generall ſawce for ordinary wild-Fowl roaſted, as Ducks, Mallards, Widgeon, Teal, Snipe, Sheldrake, Plovers, Puets, Guls, and ſuch like, is only Muſtard and Vinegar, or Muſtard and Verjuice mixt together; or elſe an Onion, Water and Pepper, and ſome (eſpecially in the Court) uſe only butter melted, and not with any thing elſe.

Sawce for green Geeſe. The beſt ſawce for green-Geeſe is the juice of Sorrel and Sugar mixt together with a few ſcalded Feberries, and ſerved up on ſippets; or elſe the belly of the green Gooſe filled with Feberries and ſo roaſted; and then the ſame mixt with Verjuice, Butter, Sugar and Cinamon, and ſo ſerved upon ſippets.

Sawce for ſtubble Geeſe. The Sawce for a ſtubble Gooſe is divers, according to mens minds, for ſome will take the Pap of Roaſted Apple, and mixing it with Vinegar, boyl them together on the fire with ſome of the gravy of the Gooſe, and a few Barberries and bread crumms, and when it is boyled to a good thickneſs, ſeaſon it with Sugar and a little Cinamon, and ſo ſerve it up: ſome will add a little Muſtard and Onions unto it, and ſome will not roaſt the apples, but pare them, and ſlice them, and that is the readier way, but not the better. Others will fill the belly of the Gooſe full of Onions ſhred, and Oatmeal groats, and being

ing roasted enough, mix it with the gravy of the Goose, and sweet herbs well boyled together, and seasoned with a little Verjuice.

To make a *Gallantine*, or sawce for a Swan, Bitter, Hern, Crane, or any large Fowl, take the blood of the same Fowl, and being stirred well, boyl it on the fire, then when it comes to be thick put unto it Vinegar a good quantity, with a few fine white-bread crumms, and so boyl it over again; then being come to a good thickness, season it with Sugar and Cinamon, so as it may taste pretty and sharp upon the Cinamon, and then serve it up in Saucers as you do Mustard, for this is called a *Chaunder* or *Gallantine*, and is Sawce almost for any Fowl whatsoever. A Gallantine Sawce for a Swan.

To make Sawce for a Pig, some take Sage and roast it in the belly of the Pig; then boyling Verjuice, Butter, and Currants together, take and chop the sage small, and mixing the brains of the Pig with it, put all together and so serve it up. A Sawce for a Pig.

To make Sawce for a loyn of Veal, take all kind of sweet Potherbs, and chopping them very small with the yolks of two or three Eggs, boyl them in Vinegar and Butter, with a few bread crumms, and good store of Sugar; then season it with Sugar and Cinamon, and a Clove or two crusht, and so powre it upon the Veal, with the slices of Orange and Lemmons about the Dish. A sawce for Veal.

Take Oranges and slice them thinn, and put unto them White-Wine and Rose-water, the powder of Mace, Ginger, and Sugar, and set the same upon a Chafing-dish of coals, and when it is half boyled, put to it a good lump of butter, and then lay good store of sippets of fine white bread therein, and so serve your Chickens upon them, and trimm the sides of the dish with Sugar. Additions unto Sawces.

Take fair water, and set it over the fire: then slice good store of Onions, and put into it, and also Pepper and Salt and good store of the Gravy that comes from the Turky, and boyl them very well together; then put to it a few fine crumms of grated bread to thicken it, a very little Sugar, and some Vinegar, and so serve it up with the Turkey: or otherwise, take grated White bread and boyl it in white Wine till it be as thick as a *Gallantine*, in boyling put in good store of Sugar Sawce for a Turkey.

gar, and Cinamon, and then with a little Turnſole make it of a high murrey colour, and ſo ſerve it in ſaucers with the Turkey, in manner of gallantine.

The beſt Gallantine.

Take the blood of a Swan, or any other great fowl, and put it into a diſh, then take ſtewed Prunes, and put them into a ſtrainer, and ſtrain them into the blood; then ſet it on a Chaffing-diſh and coals, and let it boyl; then ſtirr it till it come to be thick, and ſeaſon it very well with Sugar and Cinamon, and ſo ſerve it in Saucers with the fowl: but this Sauce muſt be ſerved cold.

Sawce for a Mallard.

Take good ſtore of Onions, peel them and ſlice them, and put them into Vinegar, and boyl them very well till they be tender; then put it into a good lump of ſweet butter, and ſeaſon it well with Sugar and Cinamon, and ſo ſerve it up with the fowl.

Of Carbonadoes.

Charbonadoes, or Carbonadoes which is meat broyled upon the coals (and the invention thereof was firſt brought out of *France* as appears by the name) are of divers kinds according to mens pleaſures: for there is no meat either boyled or roaſted whatſoever, but may afterwards be broyled if the maſter thereof be diſpoſed; yet the generall diſhes which for the moſt part are to be carbonadoed, are, a breaſt of Mutton half boyled; a ſhoulder of mutton half roaſted, the leggs, wings and carkaſſes of Capon, Turkey, Gooſe, or any other fowl whatſoever, eſpecially Land fowl.

What is to be carbonadoed.

And laſtly, the uttermoſt thick skinn which covereth the ribbs of Beef, and is called (being broyled) the Inns of Court-Gooſe, and is indeed a diſh uſed moſt for wantonneſs, ſome times to pleaſe the appetite; to which may alſo be added the broyling of Pigs heads, or the brains of any fowl whatſoever after it is roſted and dreſt.

The manner of carbonadoing.

Now for the manner of Carbonadoing, it is in this ſort; you ſhall firſt take the meat you muſt Carbonado, and ſcotch it both above and below; then ſprinkle good ſtore of Salt upon it, and baſte it all over with ſweet butter melted; which done, take your Broyling-iron, I do not mean a Grid-iron (though it be much uſed for this purpoſe) becauſe the ſmoak of the coals, occaſioned by the dropping of the meat, will aſcend about it, and make

make it ſtink: but a Plate iron made with hooks and pricks, on which you may hang the meat, and ſet it cloſe before the fire, and ſo the Plate heating the meat behind, as the fire doth before, it will both the ſooner and with more neatneſs be ready: Then having turned it, and baſted it till it be very brown, dredg it, and ſerve it up with Vinegar and Butter.

Of the toſting of Mutton.

Touching the toaſting of Mutton, Veniſon, or any joynt of Meat, which is the moſt excellenteſt of all Carbonadoes, you ſhall take the fatteſt and largeſt that can poſſibly be got (*for lean meat is loſs of labour, and little meat not worth your time:*) and having ſcorcht it and caſt ſalt upon it, you ſhall ſet it on a ſtrong Fork, with a dripping pan underneath it, before the face of a quick fire, yet ſo far off, that may by no means ſcorch, but toaſt at leiſure; then with that which falls from it, and with no other baſting, ſee that you baſte it continually, turning it ever and anon many times, and ſo oft, that it may ſoak and brown at great leiſure; and as oft as you baſte it, ſo oft ſprinckle Salt upon it; and as you ſee it toaſt, ſcotch it deeper and deeper, eſpecially in the thickeſt and moſt fleſhy parts where the blood moſt reſteth; and when you ſee that no more blood droppeth from it, but the gravy is cleer and white, then you ſhall ſerve it up either with Veniſon ſawce, or with Vinegar, Pepper, and Sugar, Cinamon, and the juice of an Orange mixt together, and warmed with ſome of the gravy.

Additions unto carbonadoes.

A Raſher of Mutton or Lamb.

Take Mutton or Lamb that hath been either roſted, or but parboyl'd, and with your Knife ſcorch it many wayes, then lay it in a deep diſh, and put to it a pint of white Wine, and a little whole Mace, a little ſlic't Nutmeg, and ſome Sugar, with a lump of ſweet butter, and ſtew it ſo till it be very tender; then take it forth and brown it on the Grid-iron, and then laying ſippets in the former broth, ſerve it up.

How to Carbonado Tongues.

Take any Tongue, whether of Beef, Mutton, Calves, Red Deer or Fallow, and being well boyled peel them, cleave them, and ſcotch them many waies; then take three or four eggs broken; ſome Sugar, Cinamon, and Nutmeg, and having beaten it well together, put to it a Lemmon cut in thinn ſlices, and another clean peel'd, and cut into little four ſquare bits; and then take the Tongue,

and

and lay it in: and then having melted good store of butter in a frying-pan, put the tongue and the rest therein, and so fry it brown, and then dish it, and scrape Sugar upon it, and serve it up.

Additions.

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For dressing Fish.

How to souse any fresh fish.

Take any fresh fish whatsoever (as Pike, Bream, Carpe, Barbel, Cheam, and such like,) and draw it, but scale it not; then take out the Liver and the refuse, and having opened it, wash it: then take a pottle of fair water, a pretty quantity of white-Wine, good store of Salt, and some Vinegar, with a little bunch of sweet herbs, and set it on the fire: As soon as it begins to boyl, put it in your fish, and having boyled a little, take it up into a fair vessel; then put into the liquor some gross Pepper and Ginger, and when it is boyled well together with more salt, set it by to cool, and then put your Fish into it, and when you serve it up, lay Fennel thereupon.

How to boyl small Fish.

To boyl small Fish, as Roches, Daces, Gudgeon, or Flounder, boyl White-wine and water together with a bunch of choice Herbs, and a little whole Mace, when all is boyl'd well together, put in your Fish and scumm it well: then put in the soal of a *Manchet*, a good quantity of sweet butter, and season it with Pepper and Verjuice, and so serve it upon sippets, and adorn the sides of the dish with Sugar.

To boyl a Gurnet or Roch.

First draw your Fish, and either splint it open in the back or joynt in the back, and truss it round; then wash it clean, and boyl it in water and Salt, with a bunch of sweet Herbs; then take it up into a large dish, and powre unto it Verjuice, Nutmeg, Butter, and Pepper, and letting it stew a little, thicken it with the yolks of eggs: then hot remove it into another dish, and garnish it with slices of Oranges and Lemmon, Barberies, Prunes, and Sugar and so serve it up.

After you have drawn, washt and scalled a fair large Carp, season it with Pepper, Salt and Nutmeg, and then put it into a Coffin with good store of sweet butter, and then cast on Raisins of the Sun, the juice of Lemmons, and some slices of Orange-peels, and then sprinkling on a little Vinegar, close up and bake it.

First let your *Tench* blood in the tayl, then scour it, wash it

it, and ſcald it; then having dried it, take the fine crumms of Bread, ſweet Cream, the yolks of Eggs, Currants clean waſht, a few ſweet herbs chopt ſmall, ſeaſon it with Nutmeg and Pepper, and make it into a ſtiff paſte, and put it into the belly of the Tench then ſeaſon the fiſh on the outſide with Pepper, Salt, and Nutmeg; and ſo put it into a deep Coffin with ſweet butter, and ſo cloſe up the Pye and bake it; then when it is enough, draw it, and open it, and put into it a good piece of preſerved Orange minc'd: then take Vinegar, Nutmeg, Butter, Sugar, and the yolk of a new laid Egg, and boyl it on a chafing-diſh and coals, alwayes ſtirring it, to keep it from curding; then powre it into the Pye, ſhake it well and ſo ſerve it up.

How to ſtew a Trout

Take a large Trout, fair trim'd, and waſh it, and put it into a deep pewter diſh, then take half a Pint of ſweet Wine, with a lump of Butter, and a little whole Mace, Parſley, Savory, and Tyme, mince them all ſmall, and put them into the Tench's Belly, and ſo let it ſtew, a quarter of an hour, then mince the yolk of a hard Egg, and ſtrow it on the Trout, and laying the herbs about it, and ſcraping on Sugar, ſerve it up.

How to bake Eels.

After you have drawn your Eeels chop them into ſmall pieces of three or four inches, and ſeaſon them with Pepper, Salt, and Ginger, and ſo put them into a Coffin with a good lump of butter, great Raiſins, Onions ſmall chopt, and ſo cloſe it, bake it, and ſerve it up.

Of paſtery and baked meats.

Next to theſe already rehearſed, our Engliſh Houſe-wife muſt be skillfull in Paſtery, and know how and in what manner to bake all ſorts of meat, and what Paſte is fit for every meat, and how to handle and compound ſuch Paſtes. As for example, Red Deer Veniſon, Wild-Boar, Gammons of Bacon, Swans, Elkes, Porpus, and ſuch like ſtanding diſhes, which muſt be kept long, would be bak't in a moyſt, thick, tough, courſe and long laſting cruſt, and therefore, of all other, your Rye Paſte is beſt for that Purpoſe; your Turkey, Capon, Pheaſant, Partridge, Veal, Peacocks, Lamb, and all ſorts of Water Fowl, which are to come to the Table more than once, (yet not many dayes) would be bak't in a good

white cruſt, ſomewat thick; therefore your Wheat is fit for them; your Chickens, Calves-feet, Olives, Potatoes, quinces, Fallow Deer, and ſuch like; which are moſt commonly eaten hot, would be in the fineſt, ſhorteſt, and thinneſt cruſt, therefore, your fine Wheat-flower, which is a little baked in the oven, before it be kneaded, is the beſt for that purpoſe.

Of the mixture of paſte

To ſpeak then of the mixture and kneading of Paſtes, you ſhall underſtand that your Rye-paſte would be kneaded only with hot water, and a little butter, or ſweet Seam, and Rye-flower very finely ſifted; and it would be made tough and ſtiff, that it may ſtand well in the riſing, for the Coffin thereof muſt ever be very deep; your courſe Wheat-cruſt ſhould be kneaded with hot water, or Mutton broth, and good ſtore of butter, and the Paſte made ſtiff and tough, becauſe that Coffin muſt be deep alſo: your fine Wheat-cruſt muſt be kneaded with as much butter as water, and the Paſte made reaſonable light and gentle, into which you muſt put three or four eggs or more, according to the quantity you blend together, for they will give it a ſufficient ſtiffning.

Of puff paſte.

Now for the making of puff-paſte of the beſt kind, you ſhall take the fineſt wheat-flower after it hath been a little bakt in a pot in the oven, and blend it well with eggs, whites and yolks all together, and after the paſte is well kneaded, roul out a part thereof as thinn as you pleaſe, and then ſpread cold ſweet butter over the ſame, then upon the ſame butter role another leaf of the paſte as before; and ſpread it with butter alſo, and thus role leaf upon leaf with butter between, till it be as thick as you think good: and with it either cover any bak't meat, or make paſte for Veniſon, Florentine, Tart, or what diſh elſe you pleaſe, and ſo bake it; there be ſome that to this paſte uſe Sugar, but is certain, it will hinder the riſing thereof, and therefore, when your puff-paſte is bak't, you ſhall diſſolve Sugar into Roſe-water, and drop it into the paſte as much as it will by any means receive, and then ſet it a little while in the Oven after, and it will be ſweet enough.

Of baking red Deer, or Fallow, or any thing to keep cold.

When you bake red Deer, you ſhall firſt parboyl it, and take out the bones, then you ſhall, if it be lean, lard it; if fat, ſave the charge: then put it into a preſs to ſqueeſe out the blood;

then

then for a night lay it in a meat sauce made of Vinegar, small drink, and salt; and then taking it forth, season it well with Pepper finely beaten, and Salt well mixt together, and see that you lay good store thereof, both upon and in every open and hollow place of the Venison, but by no means cut any slashes to put in the Pepper, for it will of it self sink fast enough into the flesh, and be more pleasant in the eating. Then having raised the Coffin, lay in the bottome a thick course of butter, then lay the flesh thereon, and cover it all over with butter, and so bake it as much as if you did bake brown bread; then when you draw it, melt more butter with three or four spoonfulls of Vinegar, and twice so much Claret Wine, and at a vent hole on the Top of the Lidd, pour in the same, till it can receive no more, and so let it stand and cool: and in this sort, you may bake Fallow Deer, or Swan, or whatsoever else you please to keep cold, the meat sauce only being left out, which is only proper to Red-Deer. And if to your meat sauce, you add a little Turnsole, and therein steep Beef, and Ramm mutton; You may also in the same manner take the first for Red-Deer Venison, and the latter for Fallow, and a very good judgment shall not be able to say otherwise, then that it is of it self perfect Venison, both in taste, Colour, and the manner of cutting.

To bake beef or mutton for Venison.

To bake an excellent Custard or Dowset: you shall take good store of Eggs, and putting away one quarter of the whites, beat them exceeding well in a bason, and then mix with them the sweetest and thickest Cream you can get, for if it be any thing thinn, the Custard will be wheyish: then season it with Salt, Sugar, Cinamon, Cloves, Mace, and a little Nutmeg, which done, raise your coffin of good Tough wheat paste, being the second sort before spoken off; and if you please, raise it in pretty works or Angular formes, which you may do by fixing the upper part of the crust to the nether with the yolks of Eggs, then when the Coffins are ready, strow the bottomes over a good thickness with Currants, and Sugar, then set them into the Oven, and fill them up with the confection before blended, and so drawing them, adorn all the Tops with carraway Comfets, and slices of Dates prickt right up, and so

To bake a Custard or Dowset.

serve them up to the Table. To prevent the Wheyishness of the Custard, dissolve into the first confection a little Ising-glass and all will be firm.

To bake an Olive pye.

To make an excellent Olive Pye: take sweet herbs, as Violet leaves, Strawberry leaves, Spinage, Succory, Endive, Tyme and Sorrel, and chop them as small as can be, and if there be a Scallion or two amongst them it will give the better taste; then take the yolks of hard Eggs, with Currants, Cinamon, Cloves, and Mace, and chop them among the herbs also; then having cut out long Olives of a Legg of Veal, roll up more than three parts of the herbs so mixed within the Olives, togegether with a good deal of sweet butter; then having raised your Crust of the finest and best paste, strow in the bottome the remainder of the herbs, with a few great Raisins, having the stones pickt out; then put in the Olives, and cover them with great Raisins, and a few Prunes: Then over all lay good store of Butter, and so bake them; then being sufficiently bak't, take Claret Wine, Sugar, Cinamon, and two or three spoonfulls of Wine Vinegar, and boyl them together, and then drawing the Pye, at a vent in the Top of the lid, put in the same, and then set it into the Oven again a little space; and so serve it forth.

To bake a Marro bone pye.

To bake the best Marrow-bone-pye; after you have mixt the crusts of the best sorts of Pastes, and raised the coffin in such a manner as you please; you shall first, in the bottome thereof, lay a course of marrow of Beef, mixt with Currants: then upon it a lay of the soals of Attichocks, after they have been boyled, and are divided from the Thistle; then cover them over with marrow, Currants, and great Raisins, the stones pickt out; then lay a course of Potatoes cut in thick slices, after they have been boyled soft, and are clean pil'd; then cover them with Marrow, Currants, great Raisins, Sugar, and Cinamon, then lay a layer of candied Eringo roots, mixt very thick with the slices of Dates; then cover it with Marrow, Currants, great Raisins, Sugar, Cinamon, and Dates, with a few Damask prunes, and so bake it: and after it is bak't, powre into it, as long as it will receive it, White Wine, Rosewater, Sugar, Cinamon, and Vinegar mixt together, and candy al

all the cover with Rose-water and Sugar only, and so set into the Oven a little, and serve it forth.

To bake a chicken pye.

To bake a Chicken pye, after you have trust your Chickens, and broken their leggs and brest bones, and raised your crust of the best paste, you shall lay them in the Coffin close together, with their bodies full of butter: then lay upon them, and underneath them, Currants, great Raisins, Prunes, Cinamon, Sugar, whole Mace, and Salt: then cover all with great store of Butter, and so bake it: after powre into it the same liquor you did into your Marrow-bone pie, with the yolks of two or three Eggs beaten amongst it, and so serve it forth.

Additions to the pastry, Venison of hares

To make good Red Deer Venison of Hares, take a Hare or two or three, as you can or please, and pick all the flesh from the bones; then put it into a morter, either of wood or stone, and with a wooden pestle let a strong person beat it exceedingly, and ever as it is beaten, let one sprinckle in some Vinegar, and some Salt: then when it is sufficiently beaten, take it out of the morter, and put it into boyling water, and parboyl it: when it is parboyl'd, take it and lay it on a Table, in a round lump, and lay a board over it; and with weights press it as hard as may be: then the water being prest out of it, season it well with Pepper and Salt: then lard it with the fat of Bacon so thick as may be, then bake it as you bake other Red Deer, which is formerly declared.

To bake a hare pie.

Take a Hare, and pick off all the flesh from the bones, and only reserve the head, then parboyl it well; which done, take it out and let it cool, assoon as it is cold, take at least a pound and half of Raisins of the Sun, and take out the stones, then mix them with a good quantity of Mutton suet, and with a sharp shredding-Knife shred it as small as you would do for a Chewet; then put to it Currants, and whole Raisins, Cloves, and Mace, Cinamon and Salt: then having raised the Coffin long-wise, to the proportion of a Hare, first lay in the head and then the aforesaid meat, and lay the meat in the true proportion of a Hare, with neck, shoulders, and leggs and then cover the Coffin, and bake it as other bak't meats of that nature.

A Gammon of Bacon pie

Take a Gammon of Bacon, and only wash it clean, and then boyl it on a soft gentle fire, till it be boyl'd as tender as is possible, ever and anon fleeting it clean, that by all means it may boyl white: then take of the sweet, and farce it very well with all manner of sweet and pleasant farcing herbs, then strow store of Pepper over it, and prick it thick with Cloves; then lay it into a Coffin made of the same proportion, and lay good store of Butter round about it, and upon it, and strow Pepper upon the Butter, that, as it melts, the Pepper may fall upon the Bacon; then cover it, and make the proportion of a Piggs Head in paste upon it, and then bake it as you bake red deer, or things of the like nature, only the Paste would be of Wheatmeal.

A Herring pie.

Take white pickled Herrings of one nights watering, and boyl them a little, then take off the skin, and take only the backs of them, and pick the fish clean from the bones; then take good store of Raisins of the Sun, and stone them, and put them to the Fish; then take a Warden or two, and pare it, and slice it in small slices from the Core, and put it likewise to the fish; then with a very sharp shredding knife shred all as small and fine as may be: Then put to it good store of Currants, Sugar, Cinamon, slic't Dates, and so put it into the coffin, with good store of very sweet Butter, and so cover it, and leave only a round Vent-hole on the Top of the lid, and so bake it like pies of that nature, : When it is sufficiently bak't, draw it out, and take Claret Wine, and a little Verjuice, Sugar, Cinamon, and sweet Butter, and boyl them together: then put it in at the vent-hole, and shake the Pye a little, and put it again into the Oven for a little space and so serve it up, the lid being candied over with Sugar, and the sides of the dish trimmed with Sugar.

A Ling pye.

Take a Jowl of the best Ling, that is not much watered, and is well sodden and cold; but whil'st it is hot, take off the skin, and pare it clean underneath, and pick out the bones clean from the fish: then cut it into gross bits, and let it lye; then take the yolks of a dozen Eggs boyl'd exceeding hard, and put them to the Fish, and shred all together as small as is possible; then take all manner of the best and finest pot-herbs, and chop them wonderfull small

ſmall, and mix them and with the fish, then ſeaſon it with Pepper, Cloves, Mace, and ſo lay it into a coffin with great ſtore of ſwee butter, ſo as it may ſwim therein; and then cover it, and leave a vent-hole open in the Top, and when it is baked, draw it, and take Verjuice, Sugar, Cinamon, and Butter; and boyl them together; and firſt with a feather anoint all the lid over with that liquor; and then ſcrape good ſtore of Sugar upon it; then pour the reſt of the liquor in at the vent-hole, and then ſet it into the Oven again for a very little ſpace, and then ſerve it up as pyes of the ſame nature, and both theſe pies of Fiſh before rehearſed, are extraordinary and ſpecial Lenten diſhes.

Take a pint of the ſweeteſt and thickeſt Cream that can be gotten, and ſet it on the fire in a very clean ſcowred skillet, and put into it Sugar, Cinamon, and a Nutmegg cut into four quarters, and ſo boyl it well: Then take the yolks of four Eggs, and take off the ſlimes, and beat them well with a little ſweet Cream, then take the four quarters of the Nutmeg out of the Cream, then put in the Eggs, and ſtirr it exceedingly till it be thick: Then take a fine Manchet, and cut it into thin ſhivers, as much as will cover a diſh bottome, and holding it in your hand, powre half the Cream into the diſh: then lay your bread over it, and cover the bread with the reſt of the Cream, and ſo let it ſtand till it be cold: then ſtrew it over with Carraway-comfets, and prick up ſome Cinamon comfets, and ſome ſlic't Dates; or, for want thereof, ſcrape all over it ſome Sugar, and trim the ſides of the diſh with Sugar, and ſo ſerve it up.

Take a pint of the beſt and thickeſt Cream, and ſet it on the fire in a clean skillet, and put it into Sugar, Cinamon, and a Nutmegg cut into four quarters, and ſo boyl it well; then put it into the diſh you intend to ſerve it in, and let it ſtand to cool till it be more than luke-warm: then put in a ſpoonfull of the beſt earning, and ſtir it well about, and ſo let it ſtand till it be cold: and then ſtrew Sugar upon it, and ſo ſerve it up, and this you may ſerve either in diſh, Glaſs, or other plate.

A calves foot pye.

Take Calves feet well boyl'd and pick all the meat from the bones: then being cold, ſhred it as ſmall as you can; then

seaſon it with Cloves and Mace, and put in good ſtore of Currants, Raiſins, and Prunes, then put it into the Coffin with good ſtore of ſweet Butter: Then break in whole ſticks of Cinamon, and a Nutmeg ſlic't into four quarters, and ſeaſon it before with Salt: Then cloſe up the Coffin, and only leave a vent-hole; when it is bak't, draw it, and at the vent-hole put in the ſame liquor you put in the Ling-pye, and trim the lid after the ſame manner, and ſo ſerve it up.

Oyſter pie. Take of the greateſt Oyſters drawn from the ſhels, and parboyl them in Verjuice: Then put them into a Cullander, and let all the Moiſt run from them, till they be as dry as poſſible: then raiſe up the Coffin of the Pye, and lay them in; then put to them good ſtore of Currants, and fine powdred Sugar, with whole Mace, whole Cloves, whole Cinamon, and Nutmeg ſlic'd, Dates cut, and good ſtore of ſweet butter: then cover it, and only leave a vent-hole: When it is bak't, then draw it, and take White-Wine, white Wine Vinegar, Sugar, Cinamon, and ſweet butter, and melt it together: then firſt trimm the lid therewith, and candy it with Sugar; then powre the reſt in at the Vent-hole, and ſhake it well, and ſo ſet it into the Oven again for a little ſpace, and ſo ſerve it up, the diſh edges trim'd with Sugar. Now ſome uſe to put to this Pye Onions ſliced and ſhred, but that is referred to diſcretion, and to the pleaſure of the Taſte.

To recover Veniſon that is tainted. Take ſtrong Ale, and put to it wine Vinegar as much as will make it ſharp; then ſet it on the fire, and boyl it well, and skum it, and make of it a ſtrong brine with bay-Salt or other ſalt; then take it off, and let it ſtand till it be cold, then put your Veniſon into it, and let it lye in it full twelve hours: then take it out from that meer ſawce, and preſs it well; then parboyl it, and ſeaſon it with Pepper, and Salt, and bake it, as hath been before ſhewed in this Chapter.

A chewet pie. Take the brawns and the wings of Capons and Chickens after they have been roaſted, and pull away the skin; then ſhred them with Mutton-ſuet, very ſmall; then Seaſon it with Cloves, Mace, Cinamon, Sugar, and Salt: then put to' Raiſins of the Sun, and Currants, and ſlic't Dates, and Orange pills; and being well mixt together, put it into ſmall Coffins made

for

for the purpose, and strow on the Top of them good store of Carraway Comfets: then cover them, and bake them with a gentle heat: And these Chewets you may also make of roasted Veal, seasoned as before shewed, and of all parts the loyn is the best.

A minc't pie.

Take a Legg of Mutton, and cut the best of the flesh from the bone, and parboyl it well: Then put to it three pound of the best Mutton suet, and shred it very small; then spread it abroad, and season it with Salt, Cloves, and Mace: Then put in good store of Currants, great Raisins, and Prunes clean washed, and picked, a few Dates sliced, and some Orange pills sliced; then being all well mixt together, put it into a Coffin, or into divers Coffins, and so bake them; And when they are served up, open the lids, and strow store of Sugar on the Top of the meat, and upon the Lid. And in this sort, you may also bake Beef or Veal, only the Beef would not be parboyl'd, and the Veal will ask a double quantity of Suet.

A Pippin pye.

Take the faireſt and best Pippins, and pare them, and make a hole in the Top of them; then prick in each hole a Clove or two, then put them into the Coffin, then break in whole sticks of Cinamon, and slices of Orange-pills, and Dates, and on the Top of every Pippin, a little piece of sweet Butter; then fill the Coffin, and cover the Pippins over with Sugar: then close up the Pye, and bake it, as you bake Pyes of the like nature: And when it is bak'd, anoint the lid over with store of sweet butter, and then strow Sugar upon it, a good thickness, and set it into the Oven again for a little space, as while the meat is in dishing up, and then serve it.

A warden pie.

Take of the faireſt and best Wardens, and pare them, and take out the hard Cores on the Top, and cut the sharp ends at the bottom flat; then boyl them in White-Wine and Sugar, untill the sirrup grow thick: Then take the Wardens from the sirrup in a clear dish, and let them cool, then set them into the Coffin, and prick Cloves into the Tops, with whole sticks of Cinamon, and great store of Sugar, as for Pippins: then cover it, and only reserve a Vent-hole, so set it in the Oven and bake it; when it is bak'd, draw it forth, and take the first syrrup, in which

which the Wardens were boyl'd, and taſte it, and if it be not ſweet enough, then put in more Sugar, and ſome Roſe-water, and boyl it again a little: then powre it in at the Vent-hole, and ſhake the Pye well: then take ſweet Butter, and Roſe-water melted, and with it anoint the pye-lid all over, and then ſtrow on it ſtore of Sugar, and ſo ſet it into the Oven again a little ſpace, and then ſerve it up: and in this manner you may alſo bake Quinces.

To preſerve Quinces to bake all the year.

Take the beſt and ſweeteſt Wort, and put to it good ſtore of Sugar: then pare and cover the Quinces clean, and put them therein, and boyl them till they grow tender: Then take out the Quinces and let them cool, and let the pickle in which they were boyled ſtand to cool alſo: then ſtrain it thorow a Range or Sive, then put the Quinces into a ſweet earthen-pot: then powre the pickle or ſirrup unto them, ſo as all the Quinces may be quite covered all over: then ſtop up the pot cloſe, and ſet it in a dry place, and once in ſix or ſeven weeks look upon it; and if you ſee it ſhrink, or do begin to hoar or mould, then powre out the pickle or ſirrup, and renewing it, boyl it over again, and as before put it to the Quinces being cold, and thus you may preſerve them for the uſe of baking, or otherwiſe, all the year.

A Pippin tart.

Take Pippins of the faireſt, and pare them, and then divide them juſt in halfs, and take out the cores clean: Then having rould the Coffin flat, and raiſed up a ſmall verge of an inch, or more high, lay in the Pippins with the hollow ſide downward, as cloſe one to another as may be: Then lay here and there a Clove, and here and there a whole ſtick of Cinamon, and a little bit of Butter: then cover all clean over with Sugar, and ſo cover the Coffin, and bake it according to the manner of Tarts; and when it is bak't, then draw it out, and having boyled butter and Roſe-water together, anoint all the lid over therewith, and then ſcrape or ſtrow on it good ſtore of Sugar, and ſo ſet it in the Oven again, and after ſerve it up.

A Codlin tart.

Take green Apples from the Tree, and coddle them in ſcalding water, without breaking: then peel the thin skin from them and ſo divide them in halfs, and cut out the cores, and ſo lay

lay them into the Coffin; and do in every thing as you did in the Pippin Tart: and before you cover it, when the Sugar is caſt in, ſee you ſprinkle upon it good ſtore of Roſe-water, then cloſe it, and do as before ſhewed.

A codlin Pye.

Take Codlins as beforeſaid, and pill them, and divide them in halfs, and Core them, and lay a lear thereof into the bottome of the pye: then ſcatter here and there a clove, and here and there a piece of whole Cinamon, then cover them all over with Sugar, then lay another lear of Codlings, and do as beforeſaid, and ſo another, till the Coffin be all filled; then cover all with Sugar, and here and there a Clove and a Cinamon-ſtick, and if you will a ſlic't Orange pill and a Date; then cover it, and bake it as the Pies of that nature: When it is bak't, draw it out of the Oven, and take of the thickeſt and beſt Cream, with good ſtore of Sugar, and give it one boyl or two on the fire, then open the Pye, and put the Cream therein, and maſh the Codlins all about; then cover it, and having trimm'd the lid, (as was before ſhewed in the Pies and Tarts) ſet it into the Oven again for half an hour, and ſo ſerve it forth.

A cherry tart.

Take the faireſt Cherries you can get, and pick them clean from leaves and ſtalks; then ſpread out your Coffin as for your Pippin Tart, and cover the bottom with ſugar, then cover the ſugar all over with Cherries, then cover thoſe Cherries with ſugar, ſome ſticks of Cinamon, and here and there a Clove; then lay in more Cherries, and ſo more ſugar, Cinamon and Cloves, till the coffin be filled up: then cover it, and bake it in all points as the codlin and Pippin Tart, and ſo ſerve it: and in the ſame manner you may make Tarts of Gooſeberries, Strawberries, Rasberries, Bilberies, or any other Berry whatſoever.

A Rice Tart.

Take Rice that is clean picked, and boyl it in ſweet Cream, till it be very ſoft; then let it ſtand and cool, and put in it good ſtore of Cinamon and Sugar, and the yolks of a couple of Eggs and ſome Currants, ſtir and beat all well together, then having made the coffin in the manner before ſaid for other Tarts, put the Rice therein, and ſpread it all over the coffin: then break many little bits of ſweet Butter upon it all over, and ſcrape ſome Sugar over it alſo; then cover the Tart, and bake it, and trim it in all points as hath been before ſhewed, and ſo ſerve it up.

Take

A Florentine. Take the Kidneys of Veal after it hath been well roasted, and is cold: then shred it as fine as is possible; then take all sorts of sweet Pot-herbs, or farcing herbs, wich have no bitter or strong taste, and chop them as small as may be, and putting the Veal into a large dish, put the herbs unto it, and good store of clean washt Currants, Sugar, Cinamon, the yolks of four Eggs, a little sweet Cream warm'd, and the fine grated crumms of a half penny loaf, and salt; and mix all exceedingly together: Then take a deep pewter dish, and in it lay your paste very thinn rowled out: Which paste you must mingle thus: Take of the finest Wheat-flower a quart, and a quarter so much Sugar, and a little Cinamon; then break into it a couple of Eggs, then take sweet Cream and butter melted on the fire, and with it knead the paste, and as was before said, having spread butter all over the dishes sides, then put in the Veal, and break pieces of sweet butter upon it, and scrape Sugar over it; then rowl out another paste reasonable thick, and with it cover the the dish all over; closing the two pastes with the beaten whites of Eggs very fast together, then with your Knife cut the lid into divers pretty works, according to your fancy; then set it in the Oven and bake it with Pyes and Tarts of like nature; when it is bak't, draw it; and trimm the lid with Sugar, as hath been shewed in Tarts, and so serve it up with your second course.

A prune tart. Take of the faireſt damask Prunes you can get, and put them in a clean Pipkin with fair Water, Sugar, unbruised Cinamon, and a branch or two of Rose-mary, and if you have bread to bake, stew them in the Oven with your bread: If otherwise, stew them on the fire: When they are stewed, then bruise them all to Mash in their sirrup, and strain them into a clean dish; then boyl it over again with Sugar, Cinamon, and Rose-water, till it be as thick as Marmalad: then set it to cool, then make a reasonable Tough paste with fine flower, Water, and a little butter; and rowl it out very thin: then having patterns of paper cut into divers proportions, as Beasts, Birds, Armes, Knots, Flowers and such like, Lay the patterns on the paste, and so cut them accordingly: Then with your fingers pinch up the edges of the paste, and set the work in

good

good proportion, Then prick it well all over for rising, and set it on a clean sheet of large Paper, and so set it into the Oven, and bake it hard; then draw it and set it by to cool; and thus you may do by a whole Oven full at one time, as your occasion of experience is; then against the time of service comes, take of the confection of Prunes before rehearsed, and with your Knife, or a spoon, fill the Coffin acording to the thickness of the Verge, then strow it all over with Carraway Comfets, and prick long Comfets upright in it, and so taking the Paper from the bottome, serve it on a plate in a dish or Charger, according to the bigness of the Tart, and at the second course; and this Tart carrieth the colour black.

Apple-Tart. Take Apples and pare them, and slice them thin from the Core into a Pipkin with White Wine, good store of Sugar, Cinamon, and a few Saunders and Rose-water, and so boyl it till it be thick: Then cool it and strain it, and beat it very well together with a spoon, then put it into the Coffin as you did the Prune Tart, and adorn it also in the same manner, and this Tart you may fill thicker or thinner, as you please to raise the edge of the Coffin, and it carryeth Colour red.

A Spinage Tart. Take good store of Spinage, and boyl it in a Pipkin, with White-Wine, till it be very soft as pap: then take it and strain it well into a pewter dish, not leaving any part unstrained: then put to it Rose-water, great store of Sugar and Cinamon, and boyl it till it be as thick as Marmalad, then let it cool, and after fill your Coffin and adorn it, and serve it in all points as you did your Prune-Tart; and this carrieth the Colour green.

A yellow tart. Take the yolks of Eggs and break away the films, and beat them well with a little Cream, then take of the thickest and sweetest Cream that can be got, and set it on the fire in a clean skillet, and put into it Sugar, Cinamon, Rose-water, and then boyl it well: when it is boyl'd, and still boyling, stir it well, and as you stir it put eggs, and so boyl it till it curdle: Then take it from the fire and put it into a strainer, and first let the thinn Whey run away into a Dish, then strain

ſtrain the reſt very well, and beat it well with a ſpoon, and and ſo put it into the Tart Coffins, and adorn it as you do your Prune-Tart, and ſo ſerve it, and this carrieth the colour yellow.

A white Tart. Take the whites of eggs and beat them with Roſe-water, and a little ſweet Cream; then ſet on the fire good thick ſweet creame, and put into it Sugar, Cinamon, Roſe-water, and boyl it well, and as it boyls ſtirr it exceedingly, and in the ſtirring put in the whites of eggs, then boyl it till it Curd, and after do in all things as you did to the yellow Tart; and this carrieth the colour white, and it is a very pure white, and therefore would be adorned with Red carraway Comfets, and as this, ſo with blaunched almonds like white Tarts, and full as pure. Now you may if you pleaſe, put all theſe ſeverall colours, and ſeverall ſtuffes into one Tart, as thus; If the Tart be in the proportion of a beaſt, the body may be of one colour, the eyes of another, the Teeth of another, the Tallons of another: and of birds, the body of one colour, the eyes of another, the leggs of another, and every feather in the wings of a ſeverall colour, according to fancy: and ſo likewiſe in Armes, the field one colour, the charge of another, according to the form of the Coat armour; as for Mantles, Trails, and devices about arms, they may be ſet out with ſeverall colours of preſerves, conſerves, marmalads and good in cakes, and as you ſhall find occaſion or invention; and ſo likewiſe of knots, one tail of one colour, and another of another, and ſo of as many as you pleaſe.

An herb Tart. Take Sorrell, Spinage, Parſley, and boyl them in water till they be very ſoft as Pap, then take them up and preſs the water clean from them, then take good ſtore of yolks of eggs boyl'd very hard, and chopping them with the herbs exceeding ſmall, then put in good ſtore of Currants, Sugar, and Cinamon, and ſtir all well together; then put them into a deep Tart Coffin with good ſtore of ſweet butter, and cover it and bake it like a Pippin Tart, and adorn the lid after the baking in that manner alſo, and ſo ſerve it up.

To bake a pudding pie. Take a quart of the beſt Cream, and ſet it on the fire, and ſlice a loaf of the lighteſt white bread into thinn ſlices, and put into it, and let it ſtand on the fire till the milk begin to riſe; then

then take it off, and put it into a baſon, and let it ſtand till it be cold, then put in the yolks of four eggs, and two whites, good ſtore of Currants, Sugar, Cinamon, Cloves, Mace, and plenty of Sheeps-ſuet finely ſhred, and a good ſeaſon of Salt, then trim your pot very well round about with butter, and ſo put in your pudding, and bake it ſufficiently; then when you ſerve it, ſtrow Sugar upon it.

A white-pot.

Take the beſt and ſweeteſt Cream; and boyl it with good ſtore of Sugar, and Cinamon, and a little Roſe-water, then take it from the fire and put into it clean pickt Rice, but not ſo much as to make it thick, and let it ſteep therein till it be cold; then put in the yolks of ſix eggs and two whites, Currants, Cinamon, Sugar, and Roſe-water, and Salt, then put it into a Pan or Pot as thinn as it were a Cuſtard; and ſo bake it, and ſerve it in the pot it is baked in, trimming the top with Sugar or Comfets.

Banquetting fruit and conceited diſhes.

There are a World of other bakt Meats and Pies, but for as much as whoſoever can do theſe, may do all the reſt, becauſe herein is contained all the art of ſeaſonings, I will trouble you with no further repetitions; but proceed to the manner of making Banquetting ſtuff, and conceited diſhes, with other pretty and curious ſecrets, neceſſary for the underſtanding of our Engliſh Houſe-wife: for albeit, they are not of general uſe, yet in their due times, they are ſo needfull for adornation, that whoſoever is ignorant therein, is lame, and but the half part of an Houſe-wife.

To make paſte of Quinces.

To make paſte of Quinces, firſt boyl your Quinces whole, and when they are ſoft pare them, and cut the Quince from the Core; then take the fineſt Sugar you can get, finely beaten and ſearſed, and put in a little Roſe-water, and boyl it together till it be ſtiff enough to mould, and when it is cold, then role it, and print it a pound of Quinces will take a pound of Sugar, or near thereabouts.

To make thin quince cakes.

To make thin quince cakes, take your Quince when it is boyled ſoft as before ſaid, and dry it upon a pewter Plate, with a ſoft heat, and be ever ſtirring of it with a ſlice till it be hard; then take ſearſed Sugar quantity for quantity, and ſtrow it into the Quince, as you beat it in a wooden or ſtone morter: and ſo roule them thin and print them.

To

To preserve quinces.

To preserve quinces, first pare your quinces, and take out the Cores, and boyl the Cores and parings altogether in fair water, and when they begin to be soft, take them out and strain your liquor, and put the weight of your quinces in Sugar, and boyl the quinces in the sirrop, till they be tender: then take them up and boyl the sirrop till it be thick. If you will have your quinces red, cover them in the boyling; and if you will have them white do not cover them.

To make Ipocras.

To make Ipocras, take a pottle of Wine, two ounces of good Cinamon, half an ounce of Ginger, nine Cloves, and six Pepper corns, and a Nutmeg, and bruise them and put them into the wine with some Rose-mary flowers, and so let them steep all night, and then put in Sugar a pound at least, and when it is setled, let it run through a woollen bag made for that purpose: thus if your Wine be claret, the Ipocras will be red; if white, then of that colour also.

To make jelly.

To make the best Jelly, take Calves feet and wash them, and scald off the hair as clean as you can get it; then split them and take out the fat and lay them in water and shift them, then bruise them in fair water untill it will jelly, which you shall know by now and then cooling a spoonfull of the broth; when it will jelly, then strain it, and when it is cold, then put in a pint of Sack and whole Cinamon, and Sugar and a little Rose-water, and boyl all well together again. Then beat the white of an Egg and put into it, and let it have one boyl more: then put in a branch of Rose-mary into the bottome of your jelly bag, and let it run through once or twice and if you will have it coloured, then put in a little Turnsoll. Also if you want Calves feet, you may make as good Jelly if you take the like quantity of Isingglass, and so use no Calves feet at all.

To make Leach.

To make the best Leach, take Isingglass, and lay it two hours in water, and shift it and boyl it in fair water, and let it cool; then take Almonds and lay them in cold water till they will blaunch; and then stamp them and put to new milk, and strain them and put in whole Mace and Ginger slic't, and boyl them till it taste well of the spice: then put in your Isingglass and Sugar, and a little Rose-water, and then let them all run through a strainer.

To make ginger bread.

Take Claret Wine, and colour it with Turnsoll, and put in Sugar

Sugar, and set it on the fire; then take wheat bread finely grated and sifted, and Licoras, Aniseeds, Ginger and Cinamon beaten very small and searsed; and put your bread and your spice together, and put them into the wine and boyl it, and stirr it till it be thick, then mould it and print it at your pleasure, and let it stand neither too moist nor too warm.

Marmalad of Quinces, red.

To make Red Marmalade of quinces, take a pound of Quinces and cut them in halfs, and take out the cores, and pare them; then take a pound of Sugar, and a quart of fair water, and put them all into a pan, and let them boyl with a soft fire, and sometimes turn them and keep them covered with a pewter dish, so that the steam or aire may come a little out: the longer they are in boyling, the better colour they will have; and when they be soft take a Knife, and cut them cross upon the top, it will make the sirrup go through that they may be all of the like colour: then set a little of your sirrup to cool, and when it beginneth to be thick, then break your Quinces with a slice or a spoon, so small as you can in the pan, and then strow a little fine Sugar in your boxes bottome, and so put it up.

Marmalad white.

To make white Marmalade, you must in all points use your Quinces, as is before said; only you must take but a pint of water to a pound of Quinces, and a pound of Sugar, and boyl them as fast as you can, and cover them not at all.

To make Jumbals.

To make the best Jumbals, take the whites of three Eggs, and beat them well, and take off the froth; then take a little milk and a pound of fine wheat flower and Sugar together finely sifted, and a few Aniseeds well rubb'd and dried; and then work all together as stiff as you can work it, and so make them in what forms you please; and bake them in a soft oven upon white papers.

To make Bisket bread.

To make Bisket bread, take a pound of fine wheat flower and a pound of Sugar finely beaten and searsed, and mix them together, then take eight Eggs, and put four yolks, and beat them very well together; then strow in your flower and Sugar as you are beating of it, by a little at once; it will take very near an hours beating: then take half an ounce of Aniseeds and Coriander seeds, and let them be dried and rubb'd very clean, and put them in; then rub your Bisket pans with cold sweet butter as thin as you can, and so put it in, and bake it in an Oven: but if you would

have thin cakes, then take fruit dishes, and rub them in like sort with butter, and so bake your Cakes on them, and when they are almost baked, turn them, and thrust them down close with your hand. Some to this Bisket bread will add a little Cream, and it is not amiss, but excellent good also.

To make finer Jumbals.

To make Jumbals more fine and curious than the former, and neerer to the taste of the Macoroon, take a pound of Sugar, beat it fine, then take as much fine wheat flower, and mix them together, then take two whites and one yolk of an Egg, half a quarter of a pound of blancht Almonds: Then beat them very fine all together, with half a dish of sweet butter, and a spoonfull of Rose-water, and so work it with a little Cream till it come to a very stiff paste, then roule them forth as you please: and hereto you shall also, if you please, add a few dryed Aniseeds finely rubb'd, and strewed into the paste, and also Coriander-seeds.

To make dry Sugar-leach.

To make dry Sugar leach, blaunch your Almonds, and beat them with a little Rose-water, and the white of one egg, and you must beat it with a great deal of Sugar, and work it as you would work a piece of paste: then roul it, and print it, as you did other things, only be sure to strew Sugar in the print for fear of cleaving to.

To make leach Lumbard.

To make Leach Lumbard, take half a pound of blaunched Almonds, two ounces of Cinamon beaten and searsed, half a pound of Sugar; then beat your Almonds, and strew in your Sugar and Cinamon till it come to a paste, then roul it, and print it, as aforesaid.

To make fresh Cheese.

To make an Excellent fresh Cheese, take a pottle of milk as it comes from the Cow, and a pint of Cream, then take a spoonfull of Runnet or Earning, and put it unto it, and let it stand two hours; then stirr it up, and put it into a fine cloth, and let the Whey drain from it: then put it into a bowl, and take the yolk of an Egg, a spoonfull of Rose-water, and bray them together with a very little Salt, with Sugar and Nutmegs; and when all these are brayed together, and searst, mix it with the curd, and then put it in the Cheesefat with a very fine cloth.

How to make coorse Ginger bread.

To make coorse Ginger bread, take a quart of honey, and set it on the coals and refine it: Then take a penny worth of Ginger,

Ginger, as much Pepper, as much Lycoras, and a quarter of pound of Aniseed, and a penny worth of Saunders: all these must be beaten and searsed, and so put into the Honey; then put it in a quarter of a pint of Claret wine, or old Ale: then take three penny manchets finely grated, and strow it amongst the rest, and stirr it till it come to a stiff paste, and then make it into cakes, and dry them gently.

How to make Quince cakes ordinary.

To make ordinary Quince cakes, take a good piece of a preserved Quince, and beat it in a morter, and work it up into a very stiff paste with fine searst Sugar; then print it, and dry them gently.

How to make Cinamon sticks.

To make artificial Cinamon sticks, take an ounce of Cinamon and pound it, and half a pound of Sugar: then take some Gum Dragon, and put it in steep in Rose water: then take thereof to the quantity of a Hazle nut, and work it out and print it, and roule it in form of a Cinamon stick.

How to make Cinamon water.

To make Cinamon water, take a pottle of the best Ale, a pottle of Sack-lees, and a pound of Cinamon sliced fine, and put them togeather, and let them stand two dayes; then distill them in a Limbeck or glass-still.

To make Worm-wood water.

To make Wormwood Water, take two gallons of good Ale, a pound of Aniseeds, half a pound of Licoras, and beat them very fine; and then take two good handfulls of the crops of Wormwood and put them into the Ale, and let them stand all night, and then distill them in a Limbeck with a moderate fire.

To make sweet-water.

To make sweet water of the best kind, take a thousand Damask Roses, two good handfulls of Lavender tops, a three penny weight of Mace, two ounces of Cloves bruised, a quart of running water: put a little water into the bottom of an earthen pot, and then put in your Roses and Lavender, with the spices by little and little, and in the putting in, alwayes knead them down with your fist, and so continue it untill you have wrought up all your Roses and Lavender, and in the working between put in alwayes a little of your water; then stop your pot close and let it stand in four days, in which time, every morning and evening put in your hand, and pull from the bottom of your pot the same Roses, working it for a time, and then distill it, and hang in the glass of water a grain or two of Musk wrapt in a piece of Sarcenet or fine cloth.

Others, to make ſweet Water, take of Ireos two ounces, of Ca-
Another way. lamus half an ounce, of Cypreſs roots half an ounce, of yellow Sanders nine drams, of Cloves bruiſed half an ounce, of Storax and Calamint one ounce, and of Musk twelve grains, and infuſing all theſe in Roſe-water diſtil it.

To make Date Leach. To make an Excellent Date-Leach, take Dates, and take out the ſtones, and the white-rind, and beat them with Sugar, Cinamon, and Ginger, very finely; then work it as you would work a peece of paſte, and then print them as you pleaſe.

To make Suger plate. To make a kind of Sugar plate, take Gum Dragon, and lay it in Roſe-water two dayes: then take the powder of fair Hepps, and Sugar, and the juice of an Orange, beat all theſe together in a morter, then take it out, and work it with your hand and print it at your pleaſure.

To make ſpice Cakes. To make Excellent ſpice Cakes, take half a peck of very fine Wheat-flower, take almoſt one pound of ſweet butter, and ſome good milk and Cream mixt together, ſet it on the fire, and put in your butter, and a good deal of Sugar, and let it melt together: Then ſtrain Saffron into your milk a good quantity: then take ſeven or eight ſpoonfulls of good Ale-barm, and eight eggs with two yolks, and mix them together, then put your milk to it when it is ſomewhat cold, and into your flower put Salt, Aniſeeds bruiſed, Cloves, and Mace, and a good deal of Cinamon; then work all together good and ſtiff, that you need not work in any flower after, then put in a little Roſe-water cold, then rubb it well in the thing you Knead it in, and work it throughly: if it be not ſweet enough, ſcrape in a little more Sugar, and pull it all in pieces, and hurl in a good quantity of currants, and ſo work all together again, and bake your cakes as you ſee cauſe, in a gentle warm Oven.

To make Banbury cakes. To make a very good *Banbury-Cake*, take four pounds of Currants, and waſh and pick them very clean, and dry them in cloth: then take three Eggs, and put away one yolk, and beat them and ſtrain them with Barm, putting thereto Cloves, Mace, Cinamon, and Nutmeggs, then take a pint of Cream, and as much mornings milk, and ſet it on the fire till the cold be taken away; then take flower, and put in good ſtore of

cold

cold butter and sugar; then put in your eggs, barm, and meal, and work them all together an hour or more; then save a part of the paste, and the rest break in pieces, and work in your Currants; which done, mould your Cake of what quantity you please, and then with that paste which hath not any Currants, cover it very thin, both underneath, and aloft. And so bake it according to the bigness.

To make the best March-pane. To make the best March-pane, Take the best Jordan Almonds, and blaunch them in warm water, then put them into a stone mortar, and with a wooden pestle beat them to pap, then take of the finest refined Sugar, well searst, and with it Damask Rose-water, beat it to a good stiff paste, allowing almost to every Jordan Almond, three spoonfulls of Sugar: then when it is thus brought to a paste, lay it upon a fair Table, and strowing searst sugar under it, mould it like leaven, then with a rowling pin rowl it forth, and lay it upon wafers, washt with Rose-water; then pinch it about the sides, and put it into what form you please; then strow searst Sugar all over it, which done, wash it over with Rose-water and Sugar mixt together, for that will make the Ice; then adorn it with Comfets, gilding, or whatsoever devices you please, and so set it into a hot stove, and there bake it crispy, and serve it forth. Some use to mix with the paste, Cinamon and Ginger finely searst, but I refer that to your particular taste.

To make paste of *Genoa*, or any other past. To make paste of *Genoa*, you shall take Quinces after they have been boyled soft, and beat them in a mortar with refined Sugar, Cinamon and Ginger, finely searst, and Damask Rose-water, till it come to a stiff paste, and role it forth, and print it, and so bake it in a stove: and in this sort, you may make Past of Pears, Apples, Wardens, Plums of all kinds, Cherries, Barberries, or what other fruits you please.

To make any Conserve. To make conserve of any fruit you please, you shall take the fruit you intend to make Conserve of, and if it be stone-fruit, you shall take out the stones, if other fruit, take away the paring and core, and then boyl them in fair running water, to a reasonable height: then drain them from thence, and put them into a fresh vessel with Claret Wine; or White Wine, according to the colour of the fruit: and so boyl them

to a thick pap, all to maſhing, breaking, and ſtirring them together: and then to every pound of pap, put to a pound of ſugar, and ſo ſtir them all well together, and being very hot, ſtrain them through fair ſtrainers, and ſo pot it up.

To make a conſerve of Flowers. To make Conſerve of Flowers, as Roſes, Violets, Gilly-flowers, and ſuch like; you ſhall take the flowers from the ſtalks, and with a pair of ſheers cut away the white ends at the roots thereof, and then put them into a ſtone mortar, or wooden brake, and there cruſh, or beat them, till they be come to a ſoft ſubſtance: And then to every pound thereof, take a pound of fine refined ſugar, well ſearſt, and beat it all together, till it come to one intire body, and then pot it up, and uſe it as occaſion ſhall ſerve.

To make wafers. To make the beſt Wafers, take the fineſt wheat flower you can get, and mix it with cream, the yolks of eggs, Roſe-water, Sugar, and Cinamon, till it be a little thicker than Pancake-batter, and then warming your wafer Irons on a charcoal-fire, anoint them firſt with ſweet butter, and then lay on your batter, and preſſe it, and bake it white or brown at your pleaſure.

To make Marmalade of Oranges. To make an excellent Marmalade of Oranges, take the Oranges, and with a knife pare off as thin, as is poſſible, the uppermoſt rind of the Orange; yet in ſuch ſort, as by no means you alter the colour of the Orange: then ſteep them in fair water, changing the water twice a day, till you find no bitterneſs of taſt therein; then take them forth, and firſt boyl them in fair running water, and when they are ſoft, remove them into Roſe-water, and boyl them therein till they break: then to every pound of the pulpe, put a pound of refined Sugar, and ſo having maſht, and ſtirred them all well together, ſtrain it through very fair ſtrainers into boxes, and ſo uſe it as you ſhall ſee occaſion.

Additions to banquetting-ſtuff. Take a pottle of fine flower, and a pound of Sugar, a little Mace, and good ſtore of water to mingle the flower into a ſtiff paſte, and a good ſeaſon of ſalt, and ſo knead it, and role it the
To make fine Cakes. cakes thin, and bake them on papers.

Pine bread. Take a quarter of a pound of fine ſugar well beaten, and as much

much flower finely bolted, with a quantity of Anniseeds a little bruised, and mingle all together; then take two eggs, and beat them very well, whites and all; then put in the mingled stuff aforesaid, and beat all together a good while, then put it into a mould, wiping the bottom ever first with butter, to make it come out easily, and in the baking, turn it once or twice, as you shall have occasion, and so serve it whole or in slices at your pleasure.

To preserve Quinces for Kitchin ser-

Take sweet Apples, and stamp them as you do for Cider, then press them through a bag, as you do Verjuyce, then put it into a firkin wherein you will keep your quinces, and then gather your quinces, and wipe them clean, and neither core them nor pare them, but only take the blacks from the tops, and so put them into the firkin of Cider, and therein you may keep them all the year very fair, and take them not out of the liquor, but as you are ready to use them, whether it be for pyes, or any other purpose, and then pare them and core them as you think good.

To make Ipocras.

Take a gallon of Claret or White Wine, and put therein four ounces of Ginger, an ounce and a half of Nutmegs, of Cloves one quarter, of Sugar four pound, let all this stand together in a pot at least twelve houres, then take it, and put it into a clean bag made for the purpose, so that the Wine may come with good leisure from the spices.

To preserve Quinces.

Take quinces and wipe them very clean, and then core them, and as you core them, put the cores strait into fair water, and let the cores and the water boyl, when the water boyleth, put in the Quinces unpared, and let them boyl till they be tender, and then take them out and pare them, and ever as you pare them, put them strait into sugar finely beaten: then take the water they were sodden in, and strain it through a fine cloth, and take as much of the same water as you think will make sirrup enough for the quinces, and put in some of your sugar, and let it boyl a while, and then put in your quinces, and let them boyl a while, and turn them, and cast a good deal of Sugar upon them; they must seeth apace, and ever as you turn them, cover them still with Sugar, till you have bestowed all your Sugar; and when you think that your quinces are tender enough, take them forth, and if your sirrup be not stiff enough,

you may ſeeth it again after the quinces are forth. To every pound of Quinces you muſt take more than a pound of Sugar, for the more Sugar you take, the fairer your quinces will be, and the better and longer they will be preſerved.

Conſerve of Quinces. Take two gallons of fair water, and ſet it on the fire, and when it is luke-warm, beat the whites of five or ſix eggs, and put them into the water, and ſtir it well, and then let the water ſeeth, and when it riſeth up all on a curd, then ſcum it off. Take quinces and pare them and quarter them, and cut out the core; Then take as many pound of your quinces as of your Sugar, and put them into your liquor, and let it boyl till your liquor be as high coloured as French Wine; and when they be very tender, then take a fair new Canvas cloth clean waſht, and ſtrain your quinces through it with ſome of your liquor; (if they will not go through eaſily:) then if you will make it very pleaſant, take a little Musk, and lay it in Roſe-water, and put it thereto; then take and ſeeth it, untill it be of ſuch ſubſtance, that when it is cold, it will cut with a knife, and then put it into a fair box, and if you pleaſe lay leaf-gold thereon.

☞ To keep Quinces all the year. Take all the parings of your quinces that you make your Conſerve withall, and three or four other quinces, and cut them in pieces, and boyl the ſame parings, and the other pieces, in two or three gallons of water, and ſo let them boyl till all the ſtrength be ſodden out of the ſame quinces and parings, and if any ſcum ariſe whileſt it boyles, take it away; then let the ſaid water run thorough a ſtrainer into a fair veſſel, and ſet it on the fire again, and take your quinces that you will keep, and wipe them clean, and cut off the uttermoſt part of the ſaid quinces, and pick out the kernels and cores as clean as you can, and put them into the ſaid Liquor, and ſo let them boyl till they be a little ſoft, and then take them from the fire, and let them ſtand till they be cold; then take a little barrel, and put into the ſaid barrel the water that your quinces be ſodden in; then take up your quinces with a Ladle, and put them into your barrel, and ſtop the barrel cloſe, that no air come into them, till you have fit occaſion to uſe them; and be ſure to take ſuch quinces as are neither bruiſed nor rotten.

Take

Take of the best sugar, and when it is beaten, searse it very fine, and of the Ginger, and Cinamon; then take a little Gumdragon, and lay it in Rose-water all night, then pour the water from it, and put the same with a little white of an egg well beaten into a brass mortar, the sugar, ginger, cinamon, and all together, and beat them together till you may work it like paste; then take it and drive it forth into cakes, and print them, and lay them before the fire, or in a very warm stove, to bake. Or otherwise, take Sugar and Ginger, (as is before said) cinamon and gum-dragon excepted, instead whereof, take only whites of Eggs, and so do as was before shewn you. Fine Ginger Cakes.

Take curds, the paring of Lemons, of Oranges, or Pomcitrons, or indeed any half ripe green fruit, and boyl them till they be tender in sweet wort; then make a sirrop in this sort; Take three pound of Sugar, and the whites of four eggs, and a gallon of water, then swing and beat the water and the eggs together, and then put in your Sugar, and set it on the fire, and let it have an easier fire, and so let it boyl six or seven walmes, and then strain it through a cloth, and set it on again till it fall from the spoon, and then put it into the rinds or fruits. To make Suckets.

Take a quart of Honey clarified, and seeth it till it be brown, and if it be thick, put to it a dish of water: then take fine crums of white bread grated, and put to it, and stir it well, and when it is almost cold, put to it the powder of Ginger, Cloves, Cinamon, and a little Licoras and Anniseeds: then knead it, and put it into a mould, and print it; some use to put to it also a little Pepper, but that is according unto taste and pleasure. Course Ginger bread.

Dissolve Sugar, or Sugar-candy, in Rose-water, boyle it to an height, put in your roots, fruits or flowers, the sirrop being cold, then rest a little; after take them out, and boyl the sirrop again, then put in more roots, &c. then boyl the sirrop the third time to an hardness, putting in more Sugar, but not Rose-water, put in the roots, &c. the sirrop being cold, and let them stand till they candy. To candy any root, fruits, or flowers.

Thus having shewed you how to preserve, conserve, candy, and make pasts of all kinds, in which four heads consists the whole Art of banquetting dishes; I will now proceed to the ordering Ordering of Banquets.

of

or ſetting forth of a banquet, wherein you ſhall obſerve, that March-panes have the firſt place, the middle place, and laſt place: your preſerved fruits ſhall be diſh'd up firſt, your paſts next, your wet ſuckets after them, then your dried ſuckets, then your Marmalades and Cotiniates, then your Comfets of all kinds; Next your Pears, Apples, Wardens, bak'd, raw, or roaſted, and your Oranges and Lemons ſliced; and laſtly your Wafer-cakes. Thus you ſhall order them in the cloſet, but when they go to the Table, you ſhall firſt ſend forth a diſh made for ſhew only, as Beaſt, Bird, Fiſh, Fowl, according to invention; then your March-pane, then Preſerved Fruit, then a Paſt, then a wet Sucket, then a dry Sucket, Marmalade, Comfets, Apples, Pears, Wardens, Oranges and Lemons ſliced, and then wafers, and another diſh of preſerved fruits, and ſo conſequently all the reſt before, no two diſhes of one kind going or ſtanding together, and this will not only appear delicate to the eye, but invite the appetite with the much variety thereof.

Ordering of great Feaſts, and proportion of expence.

Now we have drawn our *Houſ-wife* into theſe ſeveral Knowledges of Cookery, in as much as in her is contained all the inward Offices of Houſhold, we will proceed to declare the manner of ſerving and ſetting forth of meat for a great Feaſt, and from it derive meaner, making a due proportion of all things; for what avails it our good *Houſ-wife* to be never ſo skilful in the parts of Cookery, if ſhe want skill to marſhall the diſhes, and ſet every one in his due place, giving precedency according to faſhion and cuſtome. It is like to a Fencer leading a band of men in a rout, who knows the uſe of the weapon, but not how to put men in order. It is then to be underſtood, that it is the office of the Clerk of the Kitchin, (whoſe place our *Houſ-wife* muſt many times ſupply) to order the meat at the Dreſſer, and deliver it unto the Sewer, who is to deliver it to the Gentlemen, and Yeomen-waiters to bear to the Table. Now becauſe we allow no officers but our *Houſ-wife*, to whom we only ſpeak in this Book, ſhe ſhall firſt marſhal her Sallets, delivering the Grand Sallet firſt, which is evermore compound: then green Sallets, then boyled Sallets, then ſome ſmaller compound Sallets. Next unto Sallets, ſhe ſhall deliver forth all her Fricaſes, the ſimple firſt, as Collops, Raſhers, and ſuch like,

then

then compound Fricaſes; after them, all her boyled meats in their degree, as ſimple broths, ſtew'd-broths, and the boylings of ſundry Fowls. Next them, all ſorts of Roſt-meats, of which the greateſt firſt, as chine of Beef, or ſurloyn, the gigget, or legs of Mutton, Gooſe, Swan, Veal, Pig, Capon, and ſuch like. Then bak'd meats, the hot firſt, as Fallow Deer in Paſty, Chickens or Calves-foot Pye and Douſet. Then cold bak'd meats, Pheſant, Partridges, Turkey, Gooſe, Wood-cock, and ſuch like. Then laſtly, Carbonados, both ſimple and compound. And being thus Marſhall'd from the Dreſſer, the Sewer, upon the placing them on the Table, ſhall not ſet them down as he received them, but ſetting the Sallats extravagantly about the Table, mix the Fricaſes about them, then the boyl'd meats amongſt the Fricaſes, roſt meats among the boyl'd, bak'd meats amongſt the roſt, and the Carbonados amongſt the bak'd, ſo that before every Trencher may ſtand a Saller, a Fricaſe, a boy'ld meat, a roſt meat, a bak'd meat, and a Carbonado, which will both give a moſt comely beauty to the Table, and very great contentment to the Gueſts. So likewiſe in the ſecond courſe, ſhe ſhall firſt preferr the leſſer Wild-fowl, as Mallard, Teyl, Snipe, Plover, Wood-cock, and ſuch like; then the leſſer Land-fowl, as Chickens, Pidgeons, Partridge, Raile, Turkey-Chickens, young Peahens, and ſuch like.

Then the great Wild-fowl, as Bitter, Hearn, Shoveler, Crane, Buſtard, and ſuch like. Then the greater Land-fowls, as Peacocks, Pheſant, Puets, Gulls, and ſuch like. Then hot bak'd meats, as Marrow-bone-pye, Quince-pye, Florentine, and Tarts.

Then cold bak'd meats, as Red Deer, Hare-pye, Gammon of Bacon-pye, Wild-bore, Roe-pye, and ſuch like, and theſe alſo ſhall be marſhall'd at the Table as the firſt courſe, not one kind all together, but each ſeveral ſort mix'd together, as a leſſer Wild-fowl, and a leſſer Land-fowl, a great Wild-fowl, and a great Land fowl, a hot bak'd meat and a cold; and for made Diſhes and Quelquechoſes, which rely on the invention of the Cook, they are to be thruſt in into every place that is empty, and ſo ſprinkled over all the Table: and that is the beſt method for the extraordinary great Feaſts of

Princes,

Princes. But in caſe it be for much more humble men, then leſſer care and fewer diſhes may diſcharge it: Yet before I proceed to that lower rate, you ſhall underſtand, that in theſe great Feaſts of Princes, though I have mentioned nothing but Fleſh, yet is not Fiſh to be exempted; for it is a beauty and an honour unto every Feaſt, and is to be placed amongſt all the ſeveral ſervices, as thus; amongſt your Sallets, all ſorts of ſouſed Fiſh that live in the freſh water; amongſt your Fricaſes, all manner of fryed Fiſh; amongſt your boyl'd meats, all Fiſh in broths; amongſt your roſt meats, all Fiſh ſerved hot, but dry; amongſt the bak'd meats, Sea-fiſh that is ſous'd, as Sturgeon, and the like; and amongſt your Carbonadoes, Fiſh that is broyl'd. As for your ſecond Courſe, to it belongeth all manner of ſhell-fiſh, either in the ſhell, or without; the hot to go up with the hot meat, and the cold with the cold.

And thus ſhall the Feaſt be Royal, and the Service Worthy.

Now for a more humble Feaſt, or an ordinary proportion, which any good man may keep in his Family, for the entertainment of his true and worthy friends, it muſt hold limitation with his proviſion, and the ſeaſon of the year; For Summer affords what Winter wants, and Winter is Maſter of that, which Summer can but with difficulty have: it is good then for him that intends to Feaſt, to ſet down the full number of his full diſhes, that is, diſhes of meat that are of ſubſtance, and not empty, or for ſhew; and of theſe, ſixteen is a good proportion, for one courſe unto one meſs, as thus, for example; Firſt, a ſhield of Brawn with muſtard; Secondly, a boyl'd Capon; Thirdly, a boyl'd piece of Beef, Fourthly, a chine of Beef roſted; Fifthly, a Neats tongue roaſted; Sixthly, a Pigg roſted; Seventhly, Chewets bak'd; Eighthly, a Gooſe roſted; Ninthly, a Swan roſted; Tenthly, a Turky roſted; the Eleventh, a haunch of Veniſon roſted; the Twelfth, a Paſty of Veniſon; the Thirteenth, a Kid with a Pudding in the belly; the Fourteenth an Olive-pye; the Fifteenth, a Couple of Capons; the Sixteenth a Cuſtard or Douſets. Now to theſe full diſhes may be added Sallets, Fricaſes, Quelquechoſes, and de-

devised paste, as many dishes more as will make the full service no less than two and thirty dishes, which is as much as can conveniently stand on one Table, and in one mess; and after this manner you may proportion both your second and third course, holding fullness in one half of the dishes, and shew in the other, which will be both frugall in the spender, contentment to the guest, and much pleasure and delight to the beholders. And thus much touching the ordering of great feasts, and ordinary enterainments.

CHAP. III.

Of Distillations, and their vertues, and of Perfuming.

WHen your English Housewife is exact in these Rules before rehearsed, and that she is able to adorn and beautifie her Table, with all the vertuous illustrations meet for her Knowledge; she shall then sort her mind to the understanding of other Housewifely secrets, right profitable and meet for her use, such as the want whereof may trouble her when need or time requires.

Therefore first I would have her furnish her self of very good Stills, for the Distillation of all kinds of Water, which Stills would either be of Tin, or sweet Earth, and in them she shall distill all sorts of Waters meet for the health of her Household, as Sage Water, which is good for all Rhumes, and Collicks; Raddish water, which is good for the Stone; Angelica water, good against infection: Celadine water, for sore eyes: Vine water, for itchings; Rose water, and Eye bright water, for dimm sights; Rosemary water, for Fistulaes: Treacle water, for mouth Cankers; Water of Cloves, for the pain in the Stomach: Saxifrage water, for Gravell and hard Urine; Allom water, for old Ulcers, and a world of others, any of which will last a full year at the least. Then she shall know that the best waters for the smoothing of the skin, and keeping the face delicate and amiable, are those which are distilled from Beanflowers, from Strawberries, from Vine-leaves, from Goats-milk, from Asses milk, from the whites of Eggs, from the flowers

Of the nature of waters.

flowers of Lillies, from Dragons, from Calves feet, from Bran, or from yolks of Eggs, any of which will last a year or better.

Additions to distillations.

To distil water of the colour of the herb or flower you desire.

First distill your water in a stillatory, then put it in a glass of great strength, and fill it with those flowers again (whose colour you desire) as full as you can, and stop it, and set it in the stillatory again, and let it distil, and you shall have the colour you distill.

To make Aquavitæ.

Take of Rose-mary flowers two handfulls, of Marjoram, Winter Savory, Rosemary, Rue, unset Time, Germander, Ribwort, Harts tongue, Mousear, white Worm-wood, Bugloss, Red Sage, Liverwort, Hoar-hound, fine Lavender, Issop-crops, Penny-royal, Red-Fennel, of each these of one handfull: of Elicampane-roots, clean pared and sliced, two handfulls: Then take all these aforesaid and shred them, but not wash them, then take four gallons and more of strong Ale, and one gallon of Sack-lees, and put all these aforesaid herbs shred into it, and then put into it one pound of Licoras, bruised, half a pound of Aniseeds clean sifted and bruised, and of Mace and Nutmeggs bruised of each one ounce: Then put all together into your stilling pot, close covered with Rye-paste, and make a soft fire under your pot, and as the head of the Limbeck heateth, draw out your hot water and put in cold; keeping the head of your Limbeck still with cold water, but see that your fire be not too Rash at the first, but let your water come at leisure; and take heed unto your stilling, that your water change not white, for it is not so strong as the first draught is; and when the water is distilled, take a gallon glass with a wide mouth, and put therein a pottle of the best water and cleerest, and put into it a pottle of *Rosa-solis*, and half a pound of Dates bruised, and one ounce of grains, and half a pound of Sugar, half a pound of seed pearl beaten, three leaves of fine Gold; stirr all these together well, then stop your glass, and set it in the Sun the space of one or two Moneths, and then clarifie it, and use it at your discretion: for a spoonfull or two at a time is sufficient, and the vertues are infinite.

Another Excellent Aquavitæ.

Fill a pot with red Wine clean and strong, and put therein the

the powders of Camomile, Gilly flowers, Ginger, Pellitory, Nutmegg, Gallengal, Spicknard, Quenebus, Grains of pure long Pepper, black Pepper, Cummine, Fennel seed, Smalledge, Parsley, Sage, Rue, Mint, Calamint, and Horshow, of each of them a like quantity, and beware they differ not the weight of a Dramm under or above: Then put all the powders abovesaid into the Wine, and after put them into the distilling pot, and distill it with a soft fire, and look that it be well luted about with Rye paste, so that no fume or breath go forth, and look that the fire be temperate: Also receive the water out of the Limbeck into a glass Vial. This water is called the water of Life, and it may be likened to Balm, for it hath all the Vertues and properties which Balm hath. This water is clear, and lighter than Rose water, for it will fleet above all liquors; nay if Oyl be put above this water, it sinketh to the bottome: This water keepeth Flesh, and Fish, both Raw and Sodden, in his own kind and state; it is good against Aches in the Bones, the Pox and such like: neither can any thing kept in this water either rot, or putrifie; it doth draw out the sweetness, savor, and vertues of all manner of spices, roots and herbs, that are wet or laid therein: It gives sweetness to all manner of water that is mixt with it, it is good for all manner of cold sicknesses, and namely for the Palsie or trembling joynts, and stretching of the sinews, it is good against the cold gout, and it maketh an old man seem young using to drink it fasting, and lastly it fretteth away dead flesh in wounds, and killeth the Canker.

To make Aqua composita.

Take Rosemary, Time, Isop, Sage, Fennel, Nip, roots of Elicampane, of each an handfull, of Marjoram and Penny-Royal, of each half a handfull, eight slips of Red Mint, half a pound of Licoras, half a pound of Aniseeds, and two Gallons of the best Ale that can be brewed, wash all these herbs clean, and put into the Ale, Licoras, Aniseeds, and herbs into a clean brass pot, and set your Limbeck thereon, and paste it round about that no aire come out, then distill the water with a gentle fire, and keep the Limbeck cool above, not suffering it to run too fast; and take heed when your water changeth

changeth colour, to put another glaſs under, and keep the firſt water for it is moſt precious, and the later water keep by it ſelf and put it into your next pot, and that ſhall make it much better.

A very Principal Aqua-compoſita.

Take of Balm, of Roſemary-flowers, tops and all, of dryed Red Roſe-leaves, of Penny-royal, of each of theſe a handfull, one root of Elicampane, the whiteſt that can be got, three quarters of a pound of Lycoras, two ounces of Cinamon, two Dramms of great Mace, two Dramms of Gallengal, three Dramms of Coriander ſeeds, three Dramms of Carraway ſeeds, two or three Nutmeggs cut in four quarters, an ounce of Aniſeeds, a handfull of Borage: you muſt choſe a fair Sunny day to gather the herbs in; you muſt not waſh them, but cut them in ſunder, and not to ſmall; then lay all your herbs in ſouſe all night and a day, with the ſpices groſly beaten or bruiſed, and then diſtill it in order aforeſaid: this was made for a learned Phyſitians own drinking.

To make the Empirical water.

Take a gallon of Gaſcoin Wine, Ginger, Gallengall, Nutmegs, Graines, Cloves, Aniſeeds, Fennel ſeeds, Carraway ſeeds, of each two dramms, then take Sage, Mint, Red-Roſes, Time, Pellitory, Roſemary, Wild-time, Camomile and Lavender, of each a handfull, then bray the ſpices ſmall, and the herbs alſo, and put all together into the Wine, and let it ſtand ſo twelve hours, ſtirring it ſo divers times, then diſtil it with a Limbeck, and keep the firſt water, for it is the beſt: Of a gallon of Wine you muſt not take above a quart of Water, this Water comforteth the Vital ſpirits, and helpeth the inward diſeaſes that come of cold, as the palſie, the contraction of ſinews; alſo it killeth worms, and comforteth the ſtomach, it cureth the cold Dropſie, helpeth the ſtone, the ſtinking breath, and maketh one ſeem young.

To make Cinamon water.

Take a pottle of the beſt Sack, and half a pint of Roſe-water, a quarter and half pound of good Cinamon well bruiſed but not ſmall beaten, diſtill all theſe together in a Glaſs-ſtill, but you muſt carefully look to it, that it boyl not over-haſtily, and attend it with cold wet cloaths to cool the top of the ſtill if the water ſhould offer to boyl too haſtily. This water is very Soveraign for the ſtomach, the head, and all the inward

inward parts, it helps digestion, and comforteth the vital spirits.

1. Take Fennel, Rue, Vervine, Endive, Bettony, Germander, Red-rose, Capillus Veneris, of each an ounce; stamp them, and keep them with White-wine a day and a night, and distill water of them, which water will divide in three parts: The first water you shall put in a Glass by it self, for it is more pretious than Gold; the second as Silver, and the third as Balm; and keep these three parts in Glasses: This water you shall give the Rich for Gold, to meaner for Silver, to poor Men for Balm. This water keepeth the sight in clearness, and purgeth all gross humours.

Six most pretious waters, which *Hippocrates* made and sent to a Queen sometimes living in *England*.

2. Take Salgemma a pound, and lap it in a green Dock-leaf, and lay it in the Fire till it be well rosted, and wax white; then put it in a Glass against the Air a night, and on the morrow it shall be turned to a white water like unto Crystal; keep this water well in a Glass, and put a drop into the Eye, and it shall cleanse and sharp the Sight: It is good for any Evil at the Heart, for the Morphew, and the Canker in the Mouth, and for divers other Evils in the Body.

3. Take the Roots of Fennel, Parsly, Endive, Bettony, of each an ounce; and first wash them well in luke-warm water, and bray them well with White-wine a day and a night, and then distill them into water: This water is more worthy than Balm; it preserveth the Sight much, and cleanseth it of all filth; it restraineth tears, and comforteth the head, and avoideth the water that commeth through the pain of the Head.

4. Take the Seeds of Parsley, Achannes, Vervine, Carawayes, and Centaury, of each ten Drams; beat all these together, and put it in warm water a day and a night, and put it in a Vessel to distill: This water is a precious water for all sore Eyes, and very good for the Health of Man's or Woman's Body.

5. Take Limmel of Gold, Silver, Lattin, Copper, Iron, Steel, and Lead; and take Lethargy of Gold, and Silver; take Calamint, and Columbine, and steep all together; the first Day in the Urine of a Man-child, that is between a Day and a

night; the second day in white Wine; the third day in the juyce of Fennel; the fourth day in the white of Eggs; the fifth day in womans milk that nourseth a man-child; the sixth day in red Wine; the seventh day in the whites of Eggs; and upon the eighth day bind all these together, and distill the water of them, and keep this water in a vessel of Gold or Silver: The vertues of this water are these: First, It expelleth all Rheumes, and doth away all manner of sickness from the eyes, and wears away the pearl, pin and web: it draweth again into its own kind, the eye-lids that have been bleared; it easeth the ach of the head; and if a man drink it, it maketh him look young, even in old age; besides a world of other most excellent vertues.

6. Take the Goldsmiths-stone, and put it into the fire, till it be red hot, and quench it in a pint of white Wine, and do so nine times, and after grind it, and beat it small, and cleanse it as clean as you may, and after set it in the Sun with water of Fennel distilled, and Vervine, Roses, Cellandine, and Rue, and a little Aqua vitæ; and when you have sprinkled it in the water nine times, put it then in a vessel of Glass, and yet upon a reversion of the water distill it, till it pass over the touch four or five inches; and when you will use it, then stir it all together, and then take up a drop with a feather, and put it on your nail, and if it abide, it is fine and good: then put it in the eye that runneth, or annoint the head with it, if it ake, and the Temples; and, believe it, that of all waters this is the most precious, and helpeth the sight, or any pain in the head.

The vertues of several waters.

The water of Chervile is good for a sore mouth.

The water of Calamint is good for the stomach.

The water of Plantain is good for the Flux, and the hot Dropsie.

Water of Fennel is good to make a fat body small, and also for the eyes.

Water of Violets is good for a man that is sore within his body, and for the reins, and for the liver.

Water of Endive good for the Dropsie, and for the Jaundise, and the stomach.

Water

Water of Borage is good for the ſtomach, and for the Illiaca paſſio, and many other ſickneſſes in the body.

Water of both Sages is good for the Palſie.

Water of Betony is good for old age, and all inward ſickneſſes.

Water of Radiſh, drunk twice a day, at each time an ounce, or an ounce and a half, doth multiply and provoke Luſt, and alſo provoketh the terms in women.

Roſemary water, (the face waſhed therein both morning and night) cauſeth a fair and clear countenance; alſo the head waſhed therewith, and let dry of it ſelf, preſerveth the falling of the hair, and cauſeth more to grow: alſo two ounces of the ſame drunk, driveth Venome out of the body in the ſame ſort as Mithridate doth; the ſame twice or thrice drunk, at each time half an ounce, rectifieth the mother, and it cauſeth women to be fruitful. When one maketh a bath of this decoction, it is called the bath of Life: the ſame drunk, comforteth the heart, the brain, and the whole body, and cleanſeth away the ſpots of the face; it maketh a woman look young, and cauſeth women to conceive quickly, and hath all the vertues of Balm.

Water of Rue, drunk in a morning four or five dayes together, at each time an ounce, purifieth the flowers in women; the ſame water drunk in the morning faſting, is good againſt the griping of the bowels; and drunk at morning, and and at night, at each time an ounce, it provoketh the terms in women.

The water of Sorrel drunk, is good for all burning and peſtilent Feavers, and all other hot ſickneſſes: being mix'd with Beere, Ale, or Wine, it ſlaketh thirſt: it is alſo good for the Yellow Jaundiſe, being taken ſix or eight dayes together: it alſo expelleth from the Liver, if it be drunk, and a cloth wet in the ſame, and a little wrung out, and ſo applied to the right ſide, over againſt the Liver, and when it is dry, then wet another, and apply it; and thus do three or four times together.

Laſtly, the water of Angelica is good for the head, for inward infection, either of Plague or Peſtilence; it is very ſo-

veraign for ſore Breaſts; alſo the ſame water being drunk of, twelve or thirteen days together, is good to unlade the Stomach of groſs humours and ſuperfluities, and it ſtrengthneth and comforteth all the univerſal parts of the Body: And laſtly, it is a moſt ſoveraign Medicine for the Gout, by bathing the diſeaſed Members much therein.

Now to conclude, and knit up this Chapter, it is meet, that our Houſwife know, that from the eighth of the Kalends of the Month of *April*, unto the eighth of the Kalends of *July*, all manner of herbs and leaves are in that time moſt in ſtrength, and of the greateſt virtue to be uſed and put in all manner of Medicines; alſo from the eighth of the Kalends of *July*, unto the eighth of the Kalends of *October*, the ſtalks, ſtems, and hard branches of every herb and plant is moſt in ſtrength to be uſed in Medicines; and from the eighth of the Kalends of *October*, unto the eighth of the Kalends of *April*, all manner of roots of herbs and plants are the moſt of ſtrength and virtue to be uſed in all manner of Medicines.

An excellent water for Perfume. To make an excellent ſweet Water for Perfume, you ſhall take of Baſil, Mints, Marjerome, Corn-flagg-roots, Iſſop, Savory, Sage, Balm, Lavender, and Roſemary, of each one handfull; of Cloves, Cinamon, and Nutmegs, of each half an ounce; then three or four Pomcitrons cut into ſlices, infuſe all theſe into Damask-roſe-water, the ſpace of three days, and then diſtill it with a gentle Fire of Char-coal; then when you have put it into a very clean Glaſs, take of fat Musk, Civet, and Amber-greece, of each the quantity of a Scruple, and put it into a ragg of fine Lawn, and then hang it within the Water: This being burnt, either upon a Hot pan, or elſe boyled in Perfuming-pans with Cloves, Bay-leaves, and Lemon-pills, will make the moſt delicateſt Perfume that may be, without any offence, and will laſt the longeſt of all other ſweet Perfumes, as hath been found by Experience,

To perfume Gloves. To perfume Gloves excellently, take the Oyl of ſweet Almonds, Oyl of Nutmegs, Oyl of Benjamin, of each a Dram; of Amber-greece, one Grain; fat Musk, two Grains: mix them all together, and grind them upon a Painter's ſtone, and then anoint the Gloves therewith, yet before you anoint them,

them, let them be dimpiſhly moiſtned with Damask Roſe-water.

To perfume a Jerkin. To perfume a Jerkin well, take the oyl of Benjamin a penny-worth, oyl of ſpike and oyl of Olives, a half penny worth of each; and take two ſpunges, and warm one of them againſt the fire, and rub your Jerkin therewith, and when the oyl is dryed, take the other ſpung and dip it in the oyl, and rub your jerkin therewith till it be drye, then lay on the perfume before preſcribed for gloves.

To make Waſhing-balls. To make very good waſhing balls, take Storax of both kinds, Benjamin, Calamus Aromaticus, Labdanum, of each alike; and Bray them to powder with Cloves and Orris; then beat them all with a ſufficient quantity of Sope till it be ſtiff, then with your hand you ſhall work it like paſte, and make round balls thereof.

To make a Musk-ball. To make Musk balls, take Nutmeggs, Mace, Cloves, Saffron, and Cinamon, of each the weight of two pence, and beat it to fine powder, of Maſtich the weight of two pence half penny, of Storax the weight of ſix pence, of Labdanum the weight of ten pence, of Ambergreece the weight of ſix pence, and of Musk four grains; diſſolve and work all theſe in hard ſweet ſope till it come to a ſtiff paſte, and then make balls thereof.

A perfume to burn. To make a good perfume to burn, take Benjamin one ounce, Storax, Calamint two ounces, of Maſticks white, Ambergreece, of each one ounce, Ireos, Calamus Aromaticus, Cypreſs wood, of each half an ounce, of Camphire one ſcruple, Labdanum one ounce; beat all theſe to powder, then take of Sallow Charcole ſix ounces, of liquid Storax two ounces, beat them all with Aquavitæ, and then you ſhall roul them into long round rouls.

To make Pomanders. To make Pomanders, take two penny worth of Labdanum, two penny worth of Storax liquid, one penny worth of Calamus Aromaticus, as much Balm, half a quarter of a pound of fine wax, of Cloves and Mace two penny worth, of liquid Aloes three penny worth, of Nutmegs eight penny worth, and of Musk four grains; beat all theſe exceedingly together till they come to a perfect ſubſtance, then mould it in any faſhion you pleaſe, and dry it.

To make Vinegar.

To make excellent ſtrong Vinegar, you ſhall brew the ſtrongeſt Ale that may be, and having tunned it in a very ſtrong veſſel, you ſhall ſet it either in your Garden or ſome other ſafe place abroad, where it may have the whole Summers day Sun to ſhine upon it and there let it lye till it be extream ſowre; then, into a Hogſhead of this Vinegar put the leaves of four or five hundred Damask roſes, and after they have layen for the ſpace of a month therein, houſe the vinegar and draw it as you need it.

To make dry Vinegar.

To make dry Vinegar which you may carry in your pocket, you ſhall take the blacks of green Corn either Wheat or Rye, and beat it in a morter with the ſtrongeſt vinegar you can get, till it come to paſte, then roul it into little balls, and dry it in the Sun till it be very hard; then when you have occaſion to uſe it, cut a little piece thereof and diſſolve it in Wine, and it will make a ſtrong Vinegar.

To make Verjuice.

To make Verjuice, you ſhall gather your Crabs, as ſoon as the Kernels turn black, and having laid them a while in a heap to ſweat together, take them and pick them from the ſtalks, blacks and rottenneſs: then in long troughs, with beetles for the purpoſe, cruſh and break them all to maſh, then make a bagg of coorſe hair-cloath as ſquare as the preſs, and fill it with the cruſht Crabs, then put it into the preſs, and preſs it while any moiſture will drop forth, having a clean veſſel underneath to receive the liquor; this done, tun it up in ſweet Hogſheads, and to every Hogſhead put half a dozen handfuls of Damask roſe leaves, and then bung it up, and ſpend it as you ſhall have occaſion.

Additions to conceited-ſecrets.

Many other pretty ſecrets there are belonging unto curious Houſ-wifes: but none more neceſſary than theſe already rehearſed, except ſuch as ſhall hereafter follow in their proper places.

To make ſweet powder for baggs.

Take of Orris ſix ounces, of Damask Roſe leaves as much, of Marjoram and ſweet Baſil of each an ounce, of Cloves two ounces, yellow Sanders two ounces, of Citron pils ſeven drams, of Lignum Aloes one ounce, of Benjamin one ounce, of Storax one ounce, of Musk one dram: bruiſe all theſe, and put them into a bag of Silk or linnen, but ſilk is the beſt.

Take of Orris four ounces, of Gallaminis one ounce, of Ciris half an ounce, of Roſe leaves dried two handfuls, of dried Marjoram

joram one handful, of Spike one handful, Cloves one ounce, Benjamin and Rax of each two ounces, of white Sanders, and yellow, of each one ounce; beat all these into a gross powder, then put to it of Musk a dram, of civet half a dram, and of Ambergreece half a dram; then put them into a taffety bag and use it. To make sweet baggs.

Take of Bay-leaves one handfull, of red Roses two handfuls, of Damask roses three handfuls, of Lavender four handfuls, of Basil one handful, Marjoram two handfuls, of Camomile one handful, of the young tops of sweet Bryer two handfuls, of Dandelian Tansey two handfuls, of Orange-peels six or seven ounces, of cloves and mace a groats worth: Put all these together in a pottle of new Ale in cornes, for the space of three dayes, shaking it every day three or four times, then distil it the fourth day in a Stil with a continual soft fire, and after it is distilled, put into it a grain or two of musk. How to make sweet water.

Take a quart of *Malmsey-Lees*, or a quart of *Malmsey* simply, one handful of Marjoram, of Basil as much, of Lavender four handfuls, Bay-leaves one good handful, Damask Rose leaves four handfuls, and as many of Red, the peels of six Oranges, or, for want of them, one handful of the tender leaves of Wall-Nut-trees, of Benjamin half an ounce, of Calamus Aromaticus as much, of Camphire four drams, of Cloves one ounce, of Bildamum half an ounce; then take a pottle of Running water, and put in all these spices bruised into your water and *Malmsey* together, in a close stopt pot with a good handful of Rose-mary, and let them stand for the space of six dayes: Then distil it with a soft Fire: Then set it in the Sun sixteen dayes, with four grains of musk bruised. This quantity will make three quarts of water, *Probatum est.* A very Rare and pleasant Damask-water.

Take and brew very strong Ale, then take half a dozen Gallons of the first running, and set to abroad to cool; and when it is cold put yest into it, and head it very strongly; then put it up in a firkin, and distil it in the Sun; then take four or five handfuls of beans, and parch them in a pan till they burst: Then put them, as hot as you can, into the Firkin, and stop it with a little clay about the bung-hole; then take a handful of clean Rye-Leaven and put in the Firkin; then take a quantity of barberies, and bruise and strain them into the Firkin, and a To make the best vinegar.

good handful of Salt, and let them lye and work in the Sun from *May* till *August*; then having their full strength, take Rose leaves and clip the white ends off, and let them drye in the Sun, then take Elder-flowers, and pick them and dry them in the Sun, and when they are drye put them in baggs, and keep them all the Winter; then take a pottle pot, and draw forth a pottle out of the ferkin into the pottle, and put a handful of the red Rose-leaves, and another of the Elder flowers into the pottle, and then hang it in the Sun where you may occupy the same, and when it is empty, take out all the leaves. and fill it again as you did before.

To perfume Gloves.

Take Angelica Water, and Rose-water, and put into them the powder of Cloves, Amber greece, Musk, and Lignum Aloes, Benjamin and Calamus Aromaticus: boyl these till half be consumed: then strain it, and put your Gloves therein; then hang them in the Sun to dry, and turn them often: and thus three times, wet them and dry them again: or otherwise, take Rose-water and wet your Gloves therein, then hang them up till they be almost dry; then take half an ounce of Benjamin, and grind it with the Oyl of Almonds, and rub it on the Gloves, till it be almost dryed in: then take twenty grains of Amber greece, and twenty grains of Musk, and grind them together with oyl of Almonds, and so rub it on the Gloves, and then hang them up to drye, or let them dry in your bosome, and so after use them at your pleasure.

CHAP. IV.

The ordering, preserving, and helping of all sorts of Wines: and first of the choice of sweet Wines.

I Do not assume to my self this Knowledge of the Vintners secrets, but I ingenuously confess, that one profest skilful in the Trade, having rudely written, and more rudely disclosed this secret, and preferring it to the Stationer, it came to me to be published, which I have done, knowing that it is necessary, &c.

It is necessary that our English Housewife be skilful in the election, preserving, and curing of all sorts of Wines, because they be usual charges under her hands, and by the least neg-

neglect must turn the Husband to much loss: therefore to speak first of the election of sweet Wines, she must be careful that her Malmseys be full Wines, pleasant, well hewed and fine: That *Bastard* be fat, and if it be tawney it skils not; for the tawney *Bastards* be alwayes the sweeteſt. Muskadine must be great, pleasant, and strong, with a sweet scent, and with Amber-colour. Sack if it be Seres (as it would be) you shall know it by the mark of a cork burned on one side of the bung, and they be ever full gage, and so are no other Sacks, and the longer they lie, the better they be.

To make Muskadine, and give it a flaver

Take a pleasant Butt of Malmsey, and draw it out a quarter and more, then fill it up with fat *Bastard*, within eight Gallons or thereabouts, and parel it with six Eggs, yolks and all, one handfull of bay-salt and a pint of Conduit water to every parel; and if the Wine be of high colour, put in three gallons of new milk, but skumm off the Cream first, and beat it well: or otherwise if you have a good Butt of *Malmsey*, and a good Pipe of *Bastard*, you must take some empty Butt or Pipe, and draw thirty gallons of *Malmsey*, and as many of *Bastard*, and beat them all well together, and when you have so done, take a quarter of a pound of Ginger, and bruise it, and put it into your vessel, then fill it up with *Malmsey* and *Bastard*: Or otherwise thus, If you have a pleasant Butt of *Malmsey* which is called Ralt-mow, you may draw out of it forty Gallons; and if your *Bastard* be very faint, then thirty Gallons of it will serve to make it pleasant: Then take four gallons of new milk, and beat it, and put it into it when it lacketh of twelve gallons of full; and then make your flaver.

How to flaver Muskadine.

Take an ounce of Corianders, of bay-Salt, of Cloves, of each as much, one handful of Savory, let all these be blended, and bruised together, and sow them close in a bagg, and take half a pint of Damask-water, and lay your flaver into it, and then put it into your Butt, and if it fine give it a parel, and then fill it up, and let it lye till it fine: or else thus, take Coriander Roots a penny-worth, one pound of Anniseeds, one penny worth in Ginger, bruise them together, and put them into a bagg as before, and make your bagg long and small, that it go in and out

out at the bung-hole, and when you do put it in, faſten it with a thread at the bung; then take a pint of the ſtrongeſt Damask-water, and warm it luke warm, then put it into the Butt, and then ſtop it cloſe for two or three dayes at leaſt; and then, if you pleaſe, you may ſet it a-broach.

To apparel Muskadine when it comes new, to be fine in twenty four hours.

Take ſeven whites of new laid Eggs, two handfulls of Bay-ſalt, and beat them well together, and put therein a pint of Sack or more, and beat them till they be as ſhort as Snow; then over-draw the Butt ſeven or eight Gallons, and beat the Wine, and ſtirr the Lees, and then put in the parel, and beat it, and fill it up, and ſtop it cloſe, and draw it on the morrow.

To make white baſtard.

Draw out of a Pipe of *Baſtard* ten Gallons, and put to it five Gallons of new Milk, and skimm it as before, and all to beat it with the parel of eight whites of Eggs, and a handfull of Bay-ſalt, and a pint of Conduit water, and it will be white and fine in the morning. But if you will make very fine *Baſtard*, take a White-wine Hoggs-head, and put out the Lees, and waſh it clean, and fill it half full, and half a quarter, and put it to four Gallons of new-Milk, and beat it well with the whites of ſix Eggs, and fill it up with White-wine and Sack, and it will be white and fine.

How to help Baſtard being eager.

Take two Gallons of the beſt *ſtoned Honey*, and two Gallons of white-Wine, and boyl them in a fair Pann, skumm it clean, and ſtrain it through a fair cloath that there be no motes in it: Then put to it one ounce of *Coriauders*, and one ounce of *Aniſeeds*, four or five *Orange-peels*, dry and beaten to powder; let them lye three dayes: Then draw your *Baſtard* into a clean Pipe, then put in your honey with the reſt, and beat it well: Then let it lye a week, and touch it not, after draw it at your pleaſure.

To make baſtard white, and to rid away Laggs.

If your *Baſtard* be fat and good, draw out forty Gallons, then you may fill it up with the Laggs of any kind of white Wines or Sacks; then take five Gallons of new milk, and firſt take away the Cream, then ſtrain it through a clean cloath, and when your Pipe is three quarters full, put in your milk; then beat it very well, and fill it ſo, that it may lack fifteen Gallons, then

aparel

aparel it thus ; take the whites only of ten Eggs, and beat them in a fair Tray with *Bay-salt* and *Conduit-Water* ; then put it into the Pipe and beat it well, and so fill it up, and let it stand open all night ; and if you will keep it any while, you must on the morrow stop it close ; and to make the same drink like *Ossey*, give it this flaver: Take a pound of *Anni-seeds*, two pence in *Corianders*, twopence in *Ginger*, two pence in *Cloves*, two pence in *Grains*, two pence in long *Pepper*, and two pence in *Licoras*; bruise all these together: then make two baggs of linnen cloath, long and small, and put your spices into them, and put them into the Pipe at the bung, making them fast there with a thread, that it may sink into the Wine, then stop it close, and in two dayes you may broach it.

A remedy for bastard if it prick.

Take and draw him from his Lees, if he have any, and put the Wine into a *Malmsey Butt* to the Lees of *Malmsey*, then put to the *Bastard* that is in the *Malmsey But*, nigh three Gallons of the best *Wort* of a fresh tap, and then fill him up with *Bastard* or *Malmsey*, or *Cute*, if you will ; then aparel it thus: First, *Parel him, and beat him with a staff, and then take the whites of four new laid Eggs, and beat them with a handful of salt till it be as short as Moss, and then put a pint of running water therein, and so fill the Pipe up full, and lay a little Stone on the bung, and set it abroach within four and twenty hours, if you will.*

If you have a good But of *Malmsey*, and a But or two of *Sack* that will not be drunk : for the *Sack* prepare some empty But or Pipe, and draw it more than half full of Sack : then fill it up with *Malmsey*, and when your But is full within a little, put into it three Gallons of *Spanish Cute*, the best that you can get, then beat it well; then take your Taster, and see that it be deep coloured; Then fill it up with Sack, and give it aparel, and beat it well; the aparel is this : Take the yolks of ten Eggs, and beat them in a clean bason with a handfull of *Bay-salt*, and a quart of *Conduit-Water*, and beat them together with a little piece of *Birch*, and beat it till it be as short as *Moss*, then draw five or six gallons out of your But; then beat it again, and then fill it up, and the next day it will be ready

to

to be drawn: this aparel will serve both for, *Muscadine*, *Bastard*, and for *Sack*.

To shift malmsey, and to rid away ill wines.

If you have two principal Butts of *Malmsey*, you may make three good Butts with your Laggs of Claret and Sack, if you put two Gallons of Red Wine in a Butt, it will save the more *Cute*: then put two or three gallons of *Cute*, as you see cause; and if it be *Spanish-Cute*, two gallons will go further than five gallons of *candy Cute*, but the *candy-Cute* is more natural for the *Malmsey*: Also one Butt of good *Malmsey*, and a Butt of Sack that hath lost his Colour, will make two good Butts of *Malmsey*, with the more *Cute*, and when you have fill'd your Butts within twelve gallons, then put in your *Cute*, and beat half an hour and more: then put in your parel and let it lye.

If Sack want his colour.

First, parel him as you did the *Bastard*, and order him as shall be shewed you for the *white Wine* of *Gascoign* with *milk*, and so set him abroach.

For Sack that is tawny.

If your Sack have a strong Lee or taste, take a good sweet Butt, fair washed, and draw your Sack into it, and make unto it aparel, as you do to the *Bastard*, and beat it very well, and so stop up your Butt, and if it be tawny, take three gallons of new milk, and strain it clean, and put it into your Sack, then beat it very well, and stop it close.

For Sack that doth rape and is brown.

Take a fair empty Butt with the Lees in it, and draw your Sack into the same from his Lees fine: Then take a pound of *Rice-flower*, as fine as you can get, and four Grains of *Camphire*, and put it into the Sack, and if it will not fine, give it a good parel, and beat it well: then stop it, and let it lye.

To colour sack or any white wine.

If any of your Sacks or white Wine have lost their colour, take three Gallons of new milk, and take away the Cream: then over-draw your Wine five or six gallons, then put in your milk, and beat it, than lay it a fore-taree all night, and in the morning lay it up, and the next day (if you will) you may set it abroach.

If Alligant be grown hard.

Draw him out in fresh Lee, and take three or four Gallons of *Stone-Honey*, clarified, and being cool, put it in, and parel it with the yolks of four Eggs, whites and all, and beat it well,

well, and fill it up, and ſtop it cloſe, and it will be pleaſant and quick as long as it is in drawing.

Take three Gallons of white Honey, and two Gallons of Red Wine, boyle them together in a fair Pan, and skim it clean, and let it ſtand till it be fine and cold; then put it into your Pipe, yet nothing but the fineſt; then beat it well, and fill it up, and ſtop it cloſe, and if your Alligant be pleaſant and great, it will do much good; for that one Pipe will rid away divers. For Alligant that is ſour.

There are two ſorts of Rheniſh-wines, that is, to ſay, *Elſtertune*, and *Barabant*; the *Elſtertune* are the beſt, you ſhall know it by the Fat, for it is double bard, and double pinned; the *Barabant* is nothing ſo good, and there is not ſo much good to be done with them as with the other. If the Wines be good and pleaſant, a Man may rid away a Hogſhead or two of White-wine; and this is the moſt vantage a Man can have by them: And if it be ſlender, and hard, then take three or four Gallons of Stone-honey, and clarifie it clean; then put into the Honey, four or five Gallons of the ſame Wine, and then let it ſeeth a great while, and put into it two pence in Cloves bruiſed, let them ſeeth together, for it will take away the ſcent of Honey; and when it is ſodden, take it off, and ſet it by, till it be thorow cold; then take four Gallons of Milk, and order it as before, and then put all into your Wine, and all to beat it, and (if you can) role it, for that is the beſt way: then ſtop it cloſe, and let it lye, and that will make it pleaſant. How to order Rheniſh-wines.

The Wines that be made in *Burdeaux*, are called *Gaſcoine* Wine, and you ſhall know them by their Hazel hoop, and they muſt be full Gage, and ſound Wines. Of what Countrys wines are by their names.

The Wines of the High-countries, and which are called High-country Wines, are made ſome thirty or forty Miles beyond *Burdeaux*, and they come not down ſo ſoon as the other, for if they do, they are all forfeited; and you ſhall know them ever by their Hazel hoops, and the length Gage lacks.

Then have you Wines that be called *Galloway*, both in Pipes, and Hogſheads, and be long, and lack two Ceſterns and a half in Gage, and the Wines themſelves are high Coloured. Then there are other Wines, which are called White-wine of *Angulle*, very

very good Wine, and lacks little of gage, and that is also in Pipes for the most parr, and is quarter bound. Then there are *Rochel* wines, which are also in Pipes long and slender: they are very small hedge Wines, sharp in Taste, and of a pallid complexion. Your bests Sacks are of *Seres* in *Spain*, your smaller of *Galicia* and *Portugal*: your strong Sacks are of the Islands of the *Canaries*, and of *Malligo*, and your Muskadine and Malmseys are of many parts of *Italy*, *Greece*, and some special Islands.

Every Terse is in depth the middle of the knot in the midst.

The depth of every Hogshead is the fourth prick above the knot.

The depth of every Puncheon is the fourth prick next to the punchener.

Notes of gaging of wines oyles, and liquors.

The depth of every Sack-But is the four prick next to the puncheon.

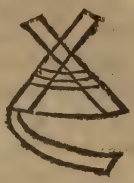
The depth of the half Hogshead is at the loweſt notch, and accounted one.

The depth of the half Terse is at the second notch, and is accounted two.

The depth of the half Hogshead and half Pipe, is at the third notch, and accounted three.

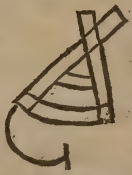
The depth of the half But is at the fourth notch, and is accounted four.

1. *The first gage is marked thus.*

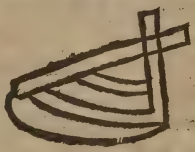


2. *The half Sestern lacketh thus.*

3. *The whole Sestern lacketh thus.*

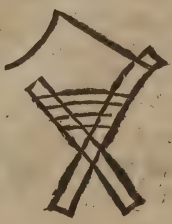


4. *The Sestern and half lag.*



5. *The two Sesterns thus.*

6. *The two and half Sesterns thus.*



The contents of all manner of Gaſcoine Wine, and others.

A But of Malmſey, if he be full gage, is one hundred and twenty ſix gallons.

And ſo the Tun is two hundred and fifty two gallons. Every Seſtern is three gallons.

If you ſell for twelve pence a gallon, the Tun is twelve pound, twelve ſhillings.

And Malmſey and Rheniſh-wine at ten pence the gallon, is the Tun ten pound.

Eight pence the gallon, is the Tun eight pounds.

Six pence the gallon, is the Tun ſix pounds.

Five pence the gallon, is the Tun five pounds.

Four pence the gallon, is the Tun four pounds.

Now for Gaſcoine Wine, there goeth four Hogſheads to a Tun, and every Hogſhead is ſixty three gallons; the two Hogſheads one hundred twenty ſix gallons; and four Hogſheads are two hundred fifty two gallons; and if you ſell for eight pence the gallon, you ſhall make of the Tun eight pounds, and ſo forth: Look how many pence the gallons are, and ſo many pounds the Tun is.

Now for Baſtard, it is the ſame Rate, but it lacketh of gage two Seſterns and a half, or three at a Pipe, and then you muſt abate ſix gallons of the price, and ſo in all other Wines.

To chuſe Gaſcoine wines.

See that in your choice of Gaſcoine Wines, you obſerve, that your Claret-wines be fair Coloured, and bright as a Ruby, not deep as an Amethyſt; for though it may ſhew ſtrength, yet it wanteth neatneſs: Alſo let it be ſweet as a Roſe, or a Violet, and in any caſe let it be ſhort; for if it be long, then in no caſe meddle with it.

For your White-wines, ſee they be ſweet and pleaſant at the Noſe, very ſhort, clear and bright, and quick in the Taſte.

Laſtly, for your Red-Wine, provided that they be deep Coloured, and pleaſant, long, and ſweet, and if in them or Claret-wine be any default of colour, there are remedies enow to amend and repair them.

To remedy Claret-wine that hath loſt his colour.

If your Claret-wine be faint, and have loſt his colour, then take a freſh Hogſhead with his freſh Lees, which was very good Wine, and draw your Wine into the ſame; then ſtop it

it close and right, and lay it a fore-take for two or three dayes that the Lees may run through it; then lay it up till it be fine, and if the colour be not perfit, draw it into a Red Wine Hogshead, that is new drawn with the Lees, and that will colour of himself, and make him strong: or take a pound of Tournsoll or two, and beat it with a gallon or two of wine, and let it lye a day or two; then put it into your Hogshead, draw your Wine again, and wash your cloths; then lye it a fore-take all night, and roll it on the morrow; then lay it up, and it will have a perfit colour.

And if your Claret Wine have lost his colour, take a penny worth of Damsens, or else black bullesses, as you see cause; and stew them with some Red wine of the deepest colour, and make thereof a pound or two of sirrup, and put it into a clean glass, and after into the hogshead of Claret wine; and the same you may likewise do unto red Wine if you please.

A remedy for white wine that hath lost his colour.

And if your White-wine be faint, and have lost his colour, if the Wine have any strength in it, take to a Hogshead so much as you intend to put in, out of the said milk, and a handful of Rice beaten very well, and a little Salt; and lay him a fore-take all night, and on the morning lay him up again, and set it abroach in any wise the next wine you spend, for it will not last long.

For white wine that hath lost his colour.

Take three Gallons of new milk, and take away the Cream off it; then draw five or six gallons of wine, and put your milk into the Hogshead, and beat it exceeding well, then fill it up, but before you fill it up, if you can roll it; and if it be long and small, take half a pound of Roch Allom, finely beaten into powder, and put into the vessel, and let it lye.

A remedy for Claret that drinks foul.

Take and draw it into new Lees of the own nature, and then take a dozen of new pippins, and pare them, and take away the cores, and then put them in, and if that will not serve, take a handfull of the Oak of Jerusalem, and stamp it, then put it into your Wine, and beat it exceeding well, and it will not only take away the foulness, but also make it have a good scent at the nose.

If your red wine drink faint, then take a Hogshead that Allegant hath been in, with the Lees also, and draw your Wine in-

to it, and that will refreſh it well, and make the wine well coloured; or otherwiſe, draw it cloſe to freſh Lees, and that will cover it again, and put to it three or four handfuls of Allegant, and turn it on his lees.

If your Red wine lack colour, then take out four gallons, and put in four gallons of Allegant, and turn him on his lees, and then bung it up, and his colour will return and be fair.

Take a good Butt of Malmſey, and over-draw it a quarter or more, and fill him up with fat Baſtard, and with Cute a gallon and more, then parel him as you did your Malmſey.

If Oſſey compleat hath loſt his colour.

You ſhall in all points dreſs him, as you did dreſs you Sack, or White-Wine in the like caſe, and parrel him, and then ſet him abroach. And thus much touching Wines of all ſorts, and the true uſe and ordering of them ſo far forth as belongeth to the knowledge and profit of our Engliſh Houſewife.

CHAP. V.

Of Wool, Hemp, Flax, and Cloath, and dying of Colours, of each ſeveral ſubſtance, with all the knowledge belonging thereto.

OUr Engliſh Houſ-wife, after her knowledge of preſerving and feeding her Family, muſt learn alſo how, out of her own indeavours, ſhe ought to cloath them outwardly and inwardly: outwardly, for defence from the cold, and comelineſs to the perſon; and inwardly, for cleanlineſs and neatneſs of the skin, whereby it may be kept from the filth of ſweat or vermine; the firſt conſiſting of woollen cloath, the latter of linnen.

Of making woollen cloth.

To ſpeak then firſt of the making of Woollen cloath, it is the office of a Husbandman at the ſheering of his ſheep, to beſtow upon the Houſe-wife ſuch a competent proportion of wool, as ſhall be convenient for the cloathing of his Family, which Wool, as ſoon as ſhe have received it, ſhe ſhall open, and with a pair of ſheers, (the fleeces lying as it were whole before her) ſhe

she shall cut away all the coorse locks, pitch, brands, tard-locks, and other feltrings, and lay them by themselves for coorse Coverlids, or the like; then the rest, so cleansed, she shall break into pieces, and toase it every lock by lock, that is, with her hands open, and so divide the wool, as not any part thereof be feltred or close together, but all open and loose; then so much of the Wool as she intends to spin white, she shall put by it self, and the rest which she intends to put into Colours, she shall weigh up, and divide into several quantities, according to the proportion of the Web which she intends to make, and put every one of them into particular baggs, made of netting, with tallies, or little pieces of wood fixed unto them, with privy marks thereon, both for the weight, the colour, and the Knowledge of the same Wool, when the first colour is altered: This done, she shall, if she please, send them unto the Dyers, to be died after her own fancy; yet, for as much as I would not have our English House-Wife ignorant in anything meet for her Knowledge, I will shew her here, before I proceed any further, how she shall die her Wool her self, into any colour meet for her use.

First, then, to dye wool black, you shall take two pound of Galls, and bruise them, then take half so much of the best green Coperas, and boyl them both together in two Gallons of running water: then shall you put your wool therein, and boyl it; so done, take it forth and dry it. To dye wool black.

If you will dye your wool of a bright hair colour; first boyl your wool in Allom and Water, then take it forth, and when it is cold, take Chamber-lye, and Chimney-soot, and mixing them together well, boyl your wool again therein, and stir it exceedingly well about, then take it forth, and lay it where it may conveniently dry. To dye wool of a hair colour.

If you will dye your wool into a perfect Red colour, set on a pan full of water; when it is hot, put in a peck of wheat bran, and let it boyl a little, then put it into a Tub, and put twice as much cold water unto it, and let it stand untill it be a week old: having done so, then shall you put to ten pounds of wool, a pound of Allom; then heat your liquor again, and put in your Alom, and so soon as it is melted, put in your Wool, and To dye wool red.

and let it boyl the ſpace of an hour, then take it again, and then ſet on more bran and water.

Then take a pound of Madder, and put in your Madder, when the Liquor is hot: When the Madder is broken, put in the wool and open it, and when it commeth to be very hot, then ſtir it with a ſtaff, and then take it out, and waſh it with fair water; then ſet on the pan again with fair water, and then take a pound of Saradine Buck, and put it therein, and let it boyl the ſpace of an Egg ſeething; then put in the wool, and ſtir it three or four times about, and open it well, and after dry it.

To dye wool blue. To dye wool blue, take good ſtore of chamberlye, and ſet it on the fire, then take half a pound of blue Neale, Byſe, or Indico, and beat it ſmall in a Morter, and then put it into the Lye, and when it ſeeths put in your wool.

To dye a puke To dye wool of a puke colour, take Gilſs and beat them very ſmall, in a Morter, put them into fair ſeething water, and boyl your wool or your Cloath therein, and boyl them the ſpace of half an hour: then take them up, and put in your Coperas into the ſame Liquor, then put in your wool again, and doing this once or twice, it will be ſufficient.

To dye a Cinder colour. And if you will dye your wool of a Cinder-colour, which is a very good colour, you ſhall put your Red wool into your puke Liquor; and then it will fail leſs to be of a Cinder colour.

To dye green or yellow. If you will dye your wool either green or yellow, then boyl your Wood-ward in a fair water, then put in your wool or Cloath, and the wool which you put in white, will be yellow, and that wool which you put in blue, will be green, and all this with one Liquor, provided that each be firſt boyled in Allom.

When you have thus dyed your wool, into thoſe ſeveral colours, meet for your purpoſe, and have alſo dryed it well; then you ſhall take it forth, and toaſe it over again as you did before, for the firſt toaſing was to make it receive the colour or dye; this ſecond is to receive the oyl, and make it fit for ſpinning; which as ſoon as you have done, you ſhall mix your colours together: wherein you are to note that the beſt

medly

medly is that which is compounded of two colours only, as a light colour and a dark: for to have more is but confuſion, and breeds no pleaſure but diſtraction to the ſight: therefore for the proportions of your mixtures, you ſhall ever take two parts of the darker colour, and but a third part of the light. As, for example, your web contains twelve pound, and the colours are red and green: you ſhall then take eight pound of the green wool, and but four pound of the red; and ſo of any other colours where there is difference in brightneſs. The mixing of colours.

But if it be ſo that you would needs have your cloth of three Colours, as of two dark and one light, or two light and one dark: As thus, if you will have Crimſon, Yellow, and Puke: you ſhall take of the Crimſon and Yellow of each two pound, and of the Puke eight pound, for this is two light colours to one dark; but if you will take a Puke, a Green, and an Orange tawny, which is two dark, and one light, then you ſhall take of the Puke and green, and the Orange tawny, of each a like quantity; that is to ſay, of either four pounds. When you have equally divided your portions; then you ſhall ſpread upon the ground a ſheet, and upon the ſame firſt lay a thin lair or bed of your darker colour, all of one eaven thickneſs, then upon the ſame lair, lay another much thinner of the brighter quantity, being ſo near as you gueſs it, hardly half ſo much as the darker, then cover it over with another lair of the ſad colour or colours again; then upon it another of the bright again: And thus lay lair upon lair till all your wool be ſpread, then beginning at one end to roll up round and hard together the whole bed of wool; and then cauſing one to kneel hard upon the roll, that it may not ſtir nor open, with your hands toaſe and pull out all the wool in ſmall pieces; And then taking a pair of Stock-cards ſharp and large, and bound faſt to a form, or ſuch like thing, on the ſame you ſhall Comb and Card all over the Wool, till you ſee it perfectly and undiſtinctly mixed together, and that indeed it is become one entire colour of divers, without ſpots, or undivided locks or knots; in which doing you ſhall be very carefull and heedful with your eye; and if you find any hard knot or other felter in the Wool, which will not open, though it be never ſo Making of three colours.

small, yet you shall pick it out, and open it, or else being any other fault, cast it away; for it is the greatest Art in House-wifery to mix these Wools aright, and to make the Cloth without blemish.

Of the oyling of Wool.

Your Wool being thus mixed perfectly together, you shall then Oyl it, or, as the plain House-wife tearms it, grease it, in this manner: being laid in a round flat bed, you shall take of the best Rape Oyl, or for want thereof, either well clarified Goose-grease, or Swines-grease, and having melted it, with your hand sprinkle it all over your wool, and work it very well into the same: then turn your wool about, and do as much on the other side, till you have Oyled all the Wool over, and that there is not a lock which is not moistned with the same.

The quantity of oyl.

Now, for as much as if you shall put too much oyl upon the Wool, you may thereby do great hurt to the Web, and make that the thread will not draw, but fall into many pieces, you shall therefore be sure, at the first, to give it little enough; and taking some thereof, prove it upon the Wheel: And if you see it draw dry, and breaketh, then you may put more oyl unto it; but if it draw well, then to keep it there without any alteration. But because you shall be a little more certain in the truth of your proportions, you shall know, that three pounds of grease or Oyl, will sufficiently anoint or grease ten pounds of Wool; and so according to that proportion, you may oyl what quantity you will.

Of tumming wool.

After your Wool is oyl'd and anointed thus, you shall then tum it, which is, you shall put it forth as you did before when you mixed it, and card it over again upon your Stock cards: and then those Cardings which you strike off, are called tummings, which you shall lay by, till it come to a spinning. There be some House-wifes which oyl it as they mix it, and sprinkle every layr as they lay it, and work the oyl into it, and then rouling up as before said, pull it out and tum it; so that then it goeth but once over the Stock-cards, which is not amiss; yet the other is more certain, through somewhat painfull.

Of spinning wool.

After your wool is thus mixed, oyled, and tummed, you shall

ſhall then ſpinn it upon great Wool-wheels, according to the order of good Houſewifery: the actions whereof muſt be got by practice, and not relation; only this, you ſhall be careful to draw your thread according to the nature and goodneſs of your wool, not according to your particular deſire; for if you draw a fine thread, from a wool which is of a coorſe ſtaple, it will want ſubſtance when it comes to the Walk-mil, or either there beat in pieces, or not being able to bed, and cover the threads well, be a cloth of a very ſhort laſting. So likewiſe if you draw a coorſe thread from a Wool of a fine Staple, it will then ſo much over thick, that you muſt either take away a great part of the ſubſtance of your wool in flocks; or elſe let the cloath wear coorſe and high, to the diſgrace of the good Houſwifery, and loſs of much cloath, which elſe might have been ſaved.

Now for the diverſities of ſpinning, although our ordinary Engliſh Houſ-wife make none at all, but ſpin every thread alike, yet the better experienc'd make two manner of ſpinnings, and two ſorts of thread; the one they call warp, the other weft; or elſe wooff: Warp is ſpun cloſe, round and hard twiſted, being ſtrong and well ſmoothed, becauſe it runs through the ſleies, and alſo endureth the fretting and beating of the beam; the weft is ſpun open, looſe, hollow, and but half twiſted, neither ſmoothed with the hand, nor made of any great ſtrength, becauſe it only croſſeth the warp, without any violent ſtraning, and by reaſon of the ſoftneſs thereof beddeth cloſer, and covereth the warp ſo well, that a very little beating in the mill, bringeth it to a perfect cloth: and though ſome hold it leſs ſubſtantial than the web, which is all of twiſted yarn, yet experience finds they are deceived, and that this open weft keeps the cloth longer from fretting and wearing. The diverſities of ſpinning.

After the ſpinning of your wool, ſome Houſewifes uſe to wind it from the broch into round clews for more eaſe in the warping, but it is a labour may very well be ſaved, and you may as well warp it from the broch as from the clew, as long as you know the certain weight, for by that only you are to be directed in all manner of cloth walking. Winding of woolen yarn.

Of warping cloth.

Now, as touching the warping of cloth, which is both the skill and action of the Weaver, yet must not our English Housewife be ignorant therein, but though the doing of the thing be not proper unto her, yet what is done must not be beyond her Knowledge, both to bridle the falshood of unconscionable Workmen, and for her own satisfaction, when she is rid of the doubt of another's evil doing. It is necessary then that she first cast, by the weight of her Wool, to know to how many yards of cloth the Web will arise, for if the wool be of a reasonable good staple, and well spun, it will run yard and pound, but if it be coorse, it will not run so much.

Now, in your warping also, you must look how many pounds you lay in your warp, and so many you most necessarily preserve for your weft: For Housewives say the best cloth is made of eaven and eaven; for to drive it to greater advantage is hurtfull to the cloth. There be other observations in the warping of cloth; as to number your Portusses, and how many goes to a Yard: to look to the closeness and filling of the sleie, and such like, which sometimes hold, and sometimes fail, according to the art of the workman; and therefore I will not stand much upon them, but refer the Housewife to the instruction of her own experience.

Of weaving of cloth, walking and dressing it

Now after your cloth is thus warped, and delivered up into the hands of the Weaver, the House-wife hath finisht her labour; for in the Weaving, walking, and dressing thereof, she can challenge no property more than to entreat them severally to discharge their dutie, with a good conscience; that is to say, that the Weavers weave close, strong, and true, that the Walker or Fuller mill it carefully, and look well to his scouring earth, for fear of beating holes into the cloth; and that the Cloth-worker, or Sheer-man, burle and dress it sufficiently, neither Cutting the Wool too unreasonable high, whereby the cloath may not wear rough, nor too low, lest it appear thred-bare ere it come out of the hands of the Taylor.

These things fore warn'd and performed, the cloth is then to be used at your pleasure.

Of linnen cloth.

The next thing to this, which our English Housewife must be

be skilful in, is the making of all sort of Linnen cloth, whether it be of Hemp or Flax; for, from those two only is the most principal cloth derived and made, both in this and in other Nations.

The ground best to sow Hemp on

And first, touching the Soil fittest to sow Hemp upon, it must be a rich mingled earth of Clay and Sand, or Clay, and Gravel, well tempered; and of these the best serveth best for that purpose; for the simple Clay, or the simple Sand, are nothing so good; for the first is too tough, too rich, and too heavy, bringeth forth all Bun, and no Rind; the other is too barren, too hot, and too light, and bringeth forth such slender withered increase, that it is nothing near worth the labour. Briefly then, the best earth is the mixt ground, which the Husbandman calls the red hazle ground, being well ordered and manur'd; and of this earth a principal place to sow Hemp on, is in old Stack-yards, or other places kept in the Winter time for the lair of Sheep or Cattel, when your ground is either scarce, or formerly not imployed to that purpose; but if it be where the ground is plenty, and only used thereunto, as in *Holland*, in *Lincolnshire*, the Isle of *Axom*, and such like places, then the custom of the Country will make you expert enough therein: There be some that preserve the ends of their Corn-lands, which but upon grass, to sow Hemp or Flax thereon, and for that purpose will manure it well with sheep; for whereas Corn which butteth on grass hads, where Cattle are teathered, is commonly destroyed, and no profit issuing from a good part thereof; by this means, that which is sown will be more safe and plentiful, and that which was destroyed, will bear a commodity of better value.

The tillage of the ground.

Now, for the tillage or ordering of the ground where you sow Hemp or Flax, it would in all points be like that where you sow Barley, or at the least as often broke up, as you do when you sow Fallow wheat, which is thrice at least; except it be some mellow and ripe mould, as stack-yards, and usual Hemp Lands be, and then twice breaking up is sufficient: that is to say, about the latter end of *February*, and the latter end of *April*, at which time you shall sow it: and

herein

herein it is to be noted, that you must sow it reasonable thick with good sound and perfect seed, of which the smoothest, roundest, and brightest, with least dust in it, is best: you must not lay it too deep in the earth: but you must cover it close, light, and with so fine a mould as you can possible break with your harrows, clotting beetles, or sleighting: Then, till you see it appear above the earth, you must have it exceedingly carefully tended, especially an hour or two before the Sun rise, and as much before its set; for birds and other vermine, will otherwise pick the seed out of the earth, and so deceive you of your profit.

Of weeding of Hemp and Flax.

Now for the weeding of Hemp, you may save the labour, because it is naturally of it self swift of growth, rough, and venemous to any thing that grows under it, and will sooner of its own accord destroy those unwholsome weeds, than by your labour. But for your Flax or Line, which is a great deal more tender, and of harder increase, you shall, as occasion serveth, weed it, and trim it, especially if the weeds over-grow it, but not otherwise; for it it once get above the weeds, then it will save it self.

The pulling of Hemp or Flax.

Touching the pulling of Hemp, or Flax, which is the manner of gathering of the same; you shall understand, that it must be pulled up by the roots, and not cut as Corn is, either with Sithe or hook; and the best time for the pulling of the same is, when you see the leaves fall downward, or turn Yellow at the tops, for that is full ripe; and this for the most part will be in *July*, or about *Mary Maudlins* day. I speak now touching the pulling of Hemp for cloth: but if you intend to save any for seed, then you shall save the principal buns, and let them stand till it be the latter end of *August* or sometime till mid *September* following; and then seeing the seed turned brown and hard, you may gather it, for if it stand longer, it will shed sufficiently; as for Flax, which ripeneth a little after the Hemp, you shall pull it as soon as you see the seed turn brown, and bend the head to the earth-ward, for it will afterward ripen of it self as the bun dryeth.

Now for the ripening and seasoning of Hemp, or Fax, you shall

shall, so soon as you have pulled it, lay it all along flat and thin upon the ground, for a day and a night at the most, and no more; and then, as House-wifes call it, tie it up in baits, and rear them upright till you can conveniently carry it to the water, which would be done as speedily as may be. Now there be some which do ripen their Hemp and Flax upon the ground where it grew, by letting it lye thereon to receive dews and rain, and the moistness of the earth, till it be ripe, but this is a vile and naughty way of ripening, it maketh the Hemp or Flax black, rough, and often rotten: therefore I would wish none to use it, but such as necessity compelleth thereunto, and then to be carefull to the often turning thereof, for it is the ground only which rots it.

The watering of Hemp or Flax.

Now for the watering of the Hemp or Flax, the best water is the running stream, and the worst the standing pit, yet because Hemp is a poysonous thing, and infecteth the water, and destroyeth all kind of fish, it is most fit to employ such pits and ditches as are least subject to annoiance, except you live near some great broad and swift streams; and then in the shallow parts thereof you may water without danger. Touching the manner of the watering thereof; you shall, according to the quantity, knock four or six strong stakes into the bottom of the water, and set them square wise, then lay your round baits or bundles of Hemp down under the water, the thick end of one bundle one way, and the thick end of another bundle another way; and so lay bait upon bait, till you have laid in all, and that the water covereth them all over; then you shall take over-layers of wood, and binding them over-thwart to the stakes, keep the Hemp down close, and especially, at the four corners; then take great stones, gravel, and other heavy rubbish, and lay it between, and over the over-laiers, and so cover the Hemp close, that it may by no means stir, and so let it continue in the water four days and nights, if it be in a running water; but if it be in standing water, then longer, and then take out one of the uppermost baits, and wash it, and if in the washing you see the leaf come off, then you may be assured the Hemp is watered enough: as for Flax, less time will serve it, and it will shed the leaf in three nights.

When

Of washing out of Hemp or Flax.

When your Hemp, or Flax is thus watered enough, you shall take off the gravel, stones, over-liers of wood, and unloosing it from the stakes, take and wash out every bait or bundle severally by it self, and rub it exceeding clean, leaving not a leaf upon it, nor any filth within it; then set it upon the dry earth upright, that the water may drop from it, which done, load it up, and carry it home; and in some open close, or piece of ground, rear it upright, either against hedges, pales, walls, back-sides of houses, or such like, where it may have the full strength or reflection of the Sun, and being throughly dryed then house it; yet there be some House-wifes which as soon as their Hemp comes from the water, will not rear it upright, but will lay it upon the ground flat and thin for the space of a sennight, turning it at the end of every two dayes, first on the one side, then on the other, and then after rear it upright, dry it, and so house it: And this Housewifery is good and orderly.

Now, although I have hitherto joyned Hemp and Flax together, yet you shall understand that there are some particular differences between them; for whereas your Hemp may within a night or two after the pulling be carried to the water, your Flax may not, but must be reared up, and dryed and withered a week or more to ripen the seed, which done, you must take ripple combs, and ripple your flax over, which is the beating or breaking off from the stalks the round bells or bobs which contain the seed, which you must preserve in some dry vessel or place till the spring of the year, and then beat it, or thresh it for your use, and when your flax or line is rippled, then you must send it to the water as aforesaid.

After your Hemp or Flax hath been watered, dryed, and housed, you may then, at your pleasure, brake it; which is in a brake of wood (whose proportion is so ordinary, that every one almost knows them) then break and beat out the dry bun or hex of the Hemp or Flax from the Rind which covers it, and when you brake either, you shall do it as near as you can, on a fair dry Sun-shine day, observing to set forth your Hemp and Fax, and spread it thin before the Sun, that it may be as dry as tinder before it come to the brake; for if either

either in the lying close together, it shall give again or sweat or through the moistness of the air, or place where it lyes, receives any dampishness; you must necessarily receive it dryed sufficiently again, or else it will never brake well, nor the bun break and fall from the rind in order as it should.

The drying of hemp of flax.

Therefore, if, the weather be not season ble, and your need much to use your Hemp or Flax, you shall then spread it upon your Kiln, and making a soft fire under it, dry it upon the same, and then brake it, yet for as much as this is oft times dangerous, and much hurt hath been received thereby through casuality of fire, I would wish you to stick four strikes in the earth at least five foot above ground, and laying over them small over-layers of wood, and open fleaks or hurdles upon the same; spread your Hemp, and also rear some round about it all, but at one open side; then with straw, small shavings, or other light dry wood, made a soft fire under the same, and so dry it, and brake it, and this without all danger or mistrust of evil; and as you brake it, you shall open and look into it, ever beginning to break the root end first; and when you see the bun is sufficiently crusht, fallen away, or at the most hangeth but in very small shivers within the Hemp or Flax, then you shall say, it is brak't enough, and then tearming that which you called a Bait or Bundle before, now a strike, you shall lay them together, and so house them, keeping in your memory either by score or writing, how many strikes of Hemp, and how many strikes of Flax you brake up every day.

Diversity of brakes.

Now, that your Hemp or Flax may brake so much the better, you must have for each several sort two several brakes, which is an open and wide toothed, or nickt brake, and a close and straight toothed brake; the first being to crush the bun, and the latter to beat it forth. Now for Flax, you must take first that which is the straighter for the Hemp, and then after, one of purpose, much straighter and sharper; for the bun of it being more small, tough, and thin, must necessarily be broken into much less pieces.

After your Hemp and Flax is brak't, you shall then swingle it, which is upon a swingle-tree block, made of an half inch boord

boord about four foot above ground, and ſet upon a ſtrong foot or ſtock, that will not eaſily move and ſtir, as you may ſee in any Houſe-wife's houſe whatſoever, better than my words can expreſs: And with a piece of wood called the ſwingle-tree dagger, made in the ſhape and proportion of an old dagger, with a reaſonable blunt edge; you ſhall beat out all the looſe buns and ſhivers that hang in the hemp or flax, opening and turning it from the one end to the other, till you have no bun or ſhiver to be perceived therein, and then ſtriking a twiſt, and fold in the midſt, which is ever the thickeſt part of the ſtrike, lay them by till you have ſwingled all; the general profit whereof, is not only the beating out of the hard bun, but alſo an openingand ſoftning of the tear, whereby it is prepared and made ready for the Market.

Now after you have ſwingled your Hemp and Flax over once, you ſhall take and ſhape up the refuſe ſtuff which you beat from the ſame ſeverally, and not only it, but the tops and knots, and half brackt bun, which fall from the brake alſo; and drying them againe, cauſe them to be very well threſht with flayls, and then mixing them with the refuſe which fell from the ſwingle-tree, dreſs them all well with threſhing and ſhaking, till the buns be clean driven out of them; and then lay them in ſome ſafe dry place till occaſion of uſe: theſe are called ſwingle-tree hurds, and that which comes from the Hemp will make window-cloath, and ſuch like coorſe ſtuff, and that which comes from the flax, being a little towed again in a pair of wool-cards, will make a coorſe harding.

Of beating Hemp.

But to proceed forward in the making of cloath, after your hemp or flax hath been ſwingled once over, which is ſufficient for the market, and for ordinary ſale; you ſhall then for cloath, ſwingle it over the ſecond time, and as the firſt did beat away the bun, and ſoften the rind, ſo this ſhall break and divide, and prepare it fit for the heckle; and hurds which are this ſecond time beaten off, you ſhall alſo ſave: for that of the Hemp, (being toaſed in wool-cards) will make a good hempen harding, and that which commeth from the flax (uſed in that manner) a flax harding, better than the former.

After the ſecond ſwingling of your Hemp, and that the hurds

hurds thereof have been laid by, you shall take the strikes, and dividing them into dozens, and half dozens, make them up into great thick rolls, and then as it were broaching them, or spitting them upon long sticks, set them in the corner of some Chimney, where they may receive the heat of the fire, and there let them abide, till they be dried exceedingly, then take them, and laying them in a round trough made for the purpose, so many as may conveniently lye therein, and there with beetles beat them exceedingly, till they handle both without and within as soft and pliant as may be, without any hardness or roughness to be felt or perceived; then take them from the trough and open the roller, and divide the strikes severally as at the first, and if any be insufficiently beaten, roll them up; and beat them over as before.

When you Hemp hath been twice swingled, dried, and beaten, you shall then bring it to the heckle, which instrument needeth no demonstration, because it is hardly unknown to any woman whatsoever: and the first heckle shall be course open and wide toothed; because it is the first breaker or divider of the same, and the layer of the strikes eaven and straight: and the hurds which come of this heckling, you shall mix with those of the latter swingling, and it will make the cloath much better; then you shall heckle it the second time through a good straight heckle, made purposely for Hemp, and be sure to break it very well, and sufficiently thereupon, and save both the hurds by themselves, and the strikes by themselves in several places. Of heckling Hemp.

Now there be some very principal good House-wifes, which use onely but to heckle their hemp once over, affirming, that if it be sufficiently dried and beaten, that once going over through a straight heckle, will serve without more loss of labour, having been twice swingled before.

Now if you intend to have an excellent piece of Hempen cloath, which shall equal a piece of very pure Linnen; then after you have beaten it, as before said, and heckled it once over, you shall then roull it up again, drie it as before, and beat it again as much as at the first; then heckle it through a fine flaxen heckle, and the Towe which fals from the Heckle, will make a principal hemping, but the Teare it self a cloath as pure as fine House-wife's Linnen, the indurance and lasting where-

of

of is rare and wonderful: Thus you ſee the uttermoſt art in dreſſing of hemp, for each ſeveral purpoſe in cloath-making, till it come to the ſpinning.

The dreſſing of flax to the fineſt uſe.

Flax, after it hath been twice ſwingled, needeth neither more drying nor beating as hemp doth, but may be brought to the heckle in the ſame manner as you did Hemp: only the heckle muſt be much finer, and ſtraighter; and as you did before, the firſt heckle being much coorſer than the latter, holding the ſtrike ſtiff in your hand, break it very well upon that heckle: then the hurds which comes thereof, you ſhall ſave to make fine hurden cloath of, and the ſtrike it ſelf, you ſhall paſs thorow a finer heckle; and the hurds, which come from thence, you ſhall ſave to make fine midle cloath of, and the tear it ſelf for the beſt linnen.

To dreſs flax for the fineſt uſe that may be, as to make fair Holland cloath of great price; or thread for the moſt curious purpoſe, a ſecret hitherto, almoſt concealed from the beſt Houſe-wifes with us, you ſhall take your flax, after it hath been handled, as is before shewed, and laying three ſtrikes together, plat them in a plat of three, ſo hard and cloſe together as is poſſible, joyning one to the end of another, till you have platted ſo much as you think convenient, and then begin another plat, and thus plat as many ſeveral plats as you think will make a roll, like unto one of your hemp rolls before ſpoke of, and then wreathing them hard together, make up the roll; and ſo many rolls more or leſs, according to the purpoſe you dreſs them for: this done, put the rolls into a hemp-trough, and beat them ſoundly, rather more than leſs than the hemp: and then open and unplat it, and divide every ſtrike from the other, very carefully; then heckle it through a finer heckle than any formerly uſed; for of heckles there be ever three ſorts, and this muſt be the fineſt: and in this heckling, you muſt be exceeding carefull to do it gently, lightly, and with good deliberation, leſt what you heckle from it ſhould run to knots, or other hardneſs, as it is apt to do, but being done artificially as it ought, you ſhall ſee it look, and feel it handle like fine ſoft Cotton, or Jerſie wool; and this which thus looketh and feeleth, and falleth from the heckle, will notwithſtanding make a pure Linnen, and run at leaſt

leaſt two yards and a half in the pound; but the tear it ſelf will make a perfect, ſtrong, and moſt fine holland, running at leaſt five yards in the pound.

After your tear is thus dreſt, you ſhall ſpin it either upon wheel or rock, but the wheel is the ſwifter way, and the rock maketh the finer thread, you ſhall draw your thread according to the nature of the tear, and as long as it is eaven, it cannot be too ſmall, but if it be uneaven, it will never make a durable Cloth. Now, for as much as every Houſe-wife is not able to ſpin her own tear in her own Houſe, you ſhall make choice of the beſt Spinners you can hear of, and to them put forth your tear to ſpin, weighing it before it go, and weighing it after it is ſpun and dry, allowing weight for weight, or an ounce and a half for waſte at the moſt; as for the prices for ſpinning, they are according to the nature of the Countrey, the fineneſs of the tear, and the dearneſs of proviſions: ſome ſpinning by the pound, ſome by the lay, and ſome by the day, as the bargain ſhall be made.

Of reeling of yarn.

After your yarn is ſpun upon ſpindles, ſpools, or ſuch like, you ſhall then reel it upon reels, of which the reels which are hardly two foot in length, and have but only two contrary croſs bars, are the beſt, the moſt eaſie, and leſs to be troubled with raveling; and in the weaving of your fine yarn, to keep it the better from ravelling, you ſhall as you reel it, with a Ley-band of a big twiſt, divide the ſlipping or skean into divers Leys, allowing to every Ley eighty threads; and twenty Leyes to every ſlipping, the yarn being very fine, otherwiſe leſs of both kinds, but if you ſpin by the Ley, as at a pound of Ley or ſo, then the ancient cuſtome hath been to allow to the reel which was eight yards, at above 160 threads to every Ley, and 25 Leyes, and ſometimes 30 Leyes to a ſlipping, which will ordinarily amount to a pound or thereabouts, and ſo by that you may proportion forth the price for any manner of ſpinning whatſoever; for if the beſt thus, then the ſecond ſo much bated, and ſo accordingly the worſt.

Of the ſcowring of yarn.

After thus your yarn is ſpun and reel'd, being in the ſlipping, you ſhall ſcowre it: Therefore, firſt to fetch out the ſpots, you ſhall lay it in luke-warm water, and let it lye ſo three or

four dayes, each day ſhifting it once, and wringing it out, and laying it in another water of the ſame nature; then carry it to a well or brook, and there rinſe it, till you ſee that nothing commeth from it, but pure clean water; for whileſt there is any filth within it, there will never be white cloth; which done, take a bucking-tub, and cover the bottom thereof with very fine Aſhen-Aſhes, then opening your ſlippings, and ſpreading them, lay them on thoſe Aſhes, then cover thoſe ſlippings with Aſhes again, then lay in more ſlippings, and cover them with aſhes as before, and thus lay one upon another, till all your yarn be laid in, then cover the uppermoſt yarn, with a bucking cloth, and lay therein a peck or two (according to the bigneſs of the tub) of aſhes more, then powre into all, through the uppermoſt cloth, ſo much warm water, till the tub can receive no more, and ſo let it ſtand all night; the next morning you ſhall ſet a Kettle of clean water on the fire, and when it is warm, you ſhall pull out the ſpigget, of the bucking-tub, and let the water therein run into another clean veſſel; and as the bucking tub waſteth, ſo you ſhall fill it up again with the warm water on the fire, and as the water on the fire waſteth, ſo you ſhall fill it up again with the lie which commeth from the bucking tub, ever obſerving to make the lie hotter and hotter till it ſeeth; and then when it ſo ſeetheth, you ſhall, as before, apply it with boyling lie, at leaſt four hours together, which is called, the driving of a Buck of yarn: All which being done, you ſhall take off the Bucking cloth, and then putting the yarn with the Lye-aſhes into large Tubs or Bowles, with your hands as hot as you can ſuffer it, poſs, and labour the Yarn, Aſhes, and Lie, a pretty while together; then carry it to a Well, River, or other clean ſcouring water, and there rinſe it as clean as may be from the aſhes; then take it, and hang it upon poles abroad in the aire all day, and at night take the ſlippings down, and lay them in water all night, then the next day hang them up again, and if any part of them dry, then caſt water apon them, obſerving ever to turn that ſide outmoſt which whiteth ſloweſt, and thus do at leaſt ſeven dayes together; then put all the yarn again into a Bucking-Tub without aſhes, and cover

The Whiting of yarn.

it

it, as before, with a Bucking cloth, and lay thereupon good ſtore of freſh aſhes, and drive that buck as you did before, with very ſtrong ſeething Lies, the ſpace of half a day or more; then take it forth, poſs it, rinſe it, and hang it up as you did before on the dayes, and lay it in water on the nights, another week; and then waſh it over in fair water, and ſo dry it up.

Other wayes there are of ſcourings, and whiting of yarn; as ſteeping it in bran and warm water, and then boyling it with Ozier-ſticks, wheat ſtraw, water, and aſhes, and then poſſing, rinſing, and bleaching it upon hedges, or buſhes; but it is a foul and uncertain way, and I would not wiſh any good Houſe-wife to uſe it.

After your yarn is ſcoured and whited, you ſhall then wind it up into round balls of a reaſonable bigneſs, rather without bottoms then with any at all, becauſe it may deceive you in the weight; for according to the pounds will ariſe your yards and lengths of cloth.

After your yarn is wound and weighed, you ſhall carry it to the Weavers, and warp it as was before ſhewed for woolen cloth, knowing this, that if your Weaver be honeſt and skilful, he will make you good and perfect cloth of eaven and eaven, that is juſt the ſame weight in weft, that there was in warp: As for the action of weaving it ſelf, it is the work-man's occupation, and therefore to him I refer it.

The ſcowring and whiting of cloth.

After your cloth is woven and the Web or Webs come home, you ſhall firſt lay it to ſteep in all points as you did your yarn, to fetch out ſoyling and other filth, which is gathered from the Weaver; then rinſe it alſo as you did your yarn, then buck it alſo in lie and aſhes, as before ſaid, and rinſe it, and then having Loops fixt to the ſelvedge of the cloth, ſpread it upon the graſs, and ſtake it down at the uttermoſt length and breadth, and as faſt as it dries, water it again, but take heed you wet it not too much, for fear you mildew or rot it, neither caſt water upon it, till you ſee it in a manner dry, and be ſure weekly to turn it firſt on one ſide, and then on the other, and at the end of the firſt week, you ſhall buck it as before in Lye and Aſhes again, then rinſe it, ſpread it and water it, as before; then, if you ſee it whites a pace, you need not to give it any more bucks with

the ashes and cloth mixt together, but then a couple of clean bucks, (as was before shewed in the yarn) the next fo night following; and then being whitened enough, dry up the cloth and use it as occasion shall require: the best season for the same whitening, being *April* and *May*. Now the coorse and worst House-wives, scour and white their cloth with water and bran, and buck it with lye and green hemlocks: but, as before I said, it is not good; neither would I have it put in practice. And thus much for Wool, Hemp, Flax, and Cloth of each several substance.

CHAP. VI.

Of Dairies, Butter, Cheese, and the necessary things belonging to that Office.

THere followeth now in this place, after these Knowledges already rehearsed, the ordering and Government of Dairies, with the profits and commodities belonging to the same. And first touching the stocks wherewith to furnish Dairies, it is to be understood, that they must be Kine of the best choice and breed that our English House-wife can possible attain unto; as of big bone, fair shape, right bred, and deep of milk, gentle, and kindly.

Bigness of Kine.

Touching the bigness of bone, the larger that every Cow is, the better she is, for when either age or mischance shall disable her for the paile, being of large bone she may be fed, and made fit for the shambles; and so no loss, but profit, and another to the paile, as good and as sufficient as her self.

For her shape, it must a little differ from the Butchers rules; for being chose for the Dairy, she must have all the signs of plenty of milk; as a crumpled horn, a thin neck, a hairy dewlap, and a very large udder, with four teats, long, thick, and sharp at the ends; for the most part either all white, of what colour soever the Cow be, or at least the fore part thereof, and if it be well hair'd before and behind, and smooth in the bottom, it is a good sign.

The breed of Kine.

As touching the right breed of Kine through our Nation

it generally affordeth very good ones, yet some Countries do far exceed other Countries, as *Cheshire*, *Lancashire*, *York-shire*, and *Darby-shire*, for black Kine; *Glocester-shire*, *Somersetshire*, and some part of *Wilt-shire*, for red Kine; and *Lincoln-shire*, for pide Kine: and from the breed of these Countries generally do proceed the breed of all other, howsoever dispersed over the whole Kingdome. Now, for our Houf-wifes directions, she shall chuse her Dairy from any of the best breeds before named, *according as her opinion and delight shall govern her*, only observing not to mix her breeds of divers Kinds, but to have all of one intire choice without variation, because it is unprofitable; neither must you by any means have your Bull a foreiner from your Kine, but either of one Country, or of one shape and colour: Again, in the choice of your Kine, you must look diligently to the goodness and fertility of the soyl wherein you live, and by all means buy no Kine of a place that is more fruitfull than your own, but rather harder, for the latter will prosper and come on, the other will decay and fall into diseases; as the pissing of blood, and such like. For which diseases, and all other, you may find assured cures in the former Book, called *Cheap and good*.

Depth of milk in Kine.

For the depth of milk in Kine (which is the giving of most milk) being the main of a Houf-wifes profit, she shall be very careful to have that quality in her beasts. Now those Kine are said to be deepest of milk, which are new hare; that is, which have but lately calved, and have their milk deep springing in their Udders, for at that time she giveth the most milk; and if the quantity then be not convenient, doubtless the Cow cannot be said to be deep of milk; and for the quantity of milk, for a Cow to give two gallons at a meal, is rare and extraordinary; to give a gallon and a half, is much and convenient; and to give but a gallon certain, is not to be found fault with: Again, those Kine are said to be deep of milk, which though they give not so exceeding much milk as others, yet they give a reasonable quantity, and give it long, as all the year through, whereas other Kine that give more in quantity, will go dry, being with Calf, some three months, some two, and some one, but these will give their

uſual meaſure, even the night before they Calve; and therefore are ſaid to be Kine, deep of milk. Now for the retained opinion, that the Cow which goeth not dry at all, or very little, bringeth not forth ſo good a Calf as the other, becauſe it wanteth much of the nouriſhment it ſhould enjoy, it is vain and frivolous; for, ſhould the ſubſtance from whence the milk proceedeth convert to the other intended nouriſhment, it would be ſo ſuperabundant, that it would convert either to diſeaſe or putrifaction; but letting theſe ſecret reaſons paſs, there be ſome Kine which are ſo exceeding full of milk, that they muſt be milkt at leaſt thrice a day, at Moring, Noon, and Evening, or elſe they will ſhed their milk; but it is a fault rather than a vertue, and proceedeth more from a laxativeneſs or looſneſs of milk, than from any abundance, for I never ſaw thoſe three meals yet, equal the two meals of a good Cow; and therefore they are not truly called deep of milk.

Of the going dry of Kine.

Touching the gentleneſs in Kine, it is a vertue as fit to be expected as any other, for if ſhe be not affable to the Maid, gentle and willing to come to the paile, and patient to have her dugges drawn without skittiſhneſs, ſtriking or wildneſs, ſhe is utterly unfit for the dairy.

Of kindlineſs in Kine.

As a Cow muſt be gentle to her milker, ſo ſhe muſt be kind in her own Nature; that is, apt to conceive, and bring forth, fruitful to nouriſh, and loving to that which ſprings from her; for ſo ſhe bringeth forth a double profit, the one for the time preſent, which is in the dairy, the other for the time to come, which is in the maintenance of the ſtock, and upholding of breed.

The beſt time to calve in, for the Dairy, or breed.

The beſt time for a Cow to Calve in, for the Dairy, is in the latter end of *March*, and all *April*, for then graſs beginneth to ſpring to its perfect goodneſs which will occaſion the greateſt increaſe of milk that may be, and one good early Cow will countervail two latter; yet the Calves thus calved are not to be reared, but ſuffered to feed upon their Damms beſt milk, and then to be ſold to the Butchers, and ſurely the profit will equal the charge; but thoſe Calves which fall in *October* *November*, or any time of the depth of Winter may well be reared

reared up for breed, becauſe the main profit of the Daity is then ſpent, and ſuch breed will hold up any Calves which are calved in the prime dayes, for they generally are ſubject to the diſeaſe of the ſturdy, which is dangerous and mortal.

Rearing of Calves.

The Houſewife, which only hath reſpect to her Dairy, and for whoſe knowledge this diſcourſe is written (for we have ſhewed the Graſier his Office in the Engliſh Husbandman) muſt rear her calves upon the finger with flotten milk, and not ſuffer them to run with their damms, the general manner whereof, and the cure of all the diſeaſes incident to them, and all other Cattel, is fully declared in the Book called *Cheap and Good*.

The general uſe of Dairies.

To proceed then to the general uſe of Dairies, it conſiſteth firſt in the Cattel (of which we have ſpoke ſufficiently) then in the hours of milking, the ordering of the milk, and the profits ariſing from the ſame. The beſt and moſt commended hours for milking, are indeed but two in the day; that in the Spring and Summer time which is the beſt ſeaſon for the Dairy, is betwixt five and ſix in the morning, and ſix and ſeven a clock in the evening, and although nice and curious Houſe-wives will have a third hour betwixt them, as between twelve and one in the afternoon, yet the better experienc'd do not allow it, and ſay, as I believe, that two good meals of milk are better ever than three bad ones; alſo in the milking of a Cow, the woman muſt ſit on the near ſide of the Cow, ſhe muſt gently at the firſt handle and ſtretch the duggs, and moiſten them with milk that they may yield out the milk the better, and with leſs pain; ſhe ſhall not ſettle her ſelf to milk, nor fix her paile firm to the ground till ſhe ſee the Cow ſtand ſure and firm, but be ready upon any motion of the Cow to ſave her paile from over-turning: when ſhe ſeeth all things anſwerable to her deſire, ſhe ſhall then milk the Cow boldly, and not leaving ſtretching and ſtraining of her teats, till not one drop of milk more will come from them; for the worſt point of Houſwifery that can be, is to leave a Cow half milkt; for, beſides the loſs of the milk, it is the only way to make a Cow dry, and utterly unprofitable for the Dairy. The Milk-maid, whilſt ſhe is milking, ſhall do nothing raſhly or ſud-

The hours of milking.

denly about the Cow, which may affright or amaze her; but as ſhe came gently, ſo with all gentleneſs ſhe ſhall depart.

Ordering of milk. Touching the well-ordering of milk, after it come home to the Dairy, the main point belonging thereunto is the Houſwifes cleanlineſs, in the ſweet and neat keeping of the Dairy-houſe, where not the leaſt mote of any filth may by any means appear, but all things either to the eye or noſe ſo void of ſowreneſs or ſluttiſhneſs, that a Prince's Bed-chamber muſt not exceed it: to this muſt be added the ſweet and delicate keeping of her milk veſſels, whether they be of wood, earth, or lead, the beſt as yet is diſputable with the beſt Houſ-wifes; only this opinion is Ordering of milk veſſels. generally received, that the wooden veſſel, which is round and ſhallow is beſt in cold vaults, the earthen veſſels principally for long keeping, and the leaden veſſel for yielding of much Cream: but howſoever, any and all of theſe muſt be carefully ſcalded once a day, and ſet in the open air to ſweeten, leſt getting any taint of ſowreneſs into them, they corrupt the milk that ſhall be put therein.

Sylling of milk. But to proceed to my purpoſe, after your milk is come home, you ſhall, as it were, ſtrain it from all unclean things, through a neat and ſweet kept Syle-diſh, the form whereof every Houſewife knows; and the bottom of this Syle, through which the milk muſt paſs, muſt be covered with a very clean waſht fine linnen cloth, ſuch an one as will not ſuffer the leaſt mote or hair to go through it; you ſhall into every veſſel ſoyl put a pretty quantity of milk, according to the proportion of the veſſel, the broader it is, and the ſhallower it is, the better it is, and yeeldeth ever the more Cream, and keepeth the milk longeſt from ſowring.

Profits ariſing from milk. Now for the profits ariſing from milk, they are three of eſpecial account, as Butter, Cheeſe, and Milk, to be eaten ſimple or compounded; as for Curds, ſowre-Milk, or Whig, they come from ſecondary means, and therefore may not be numbred with theſe.

Of Butter. For your butter, which only proceedeth from the Cream, which is the very heart and ſtrength of Milk, it muſt be gathered very carefully, diligently, and painfully: And though cleanli-

cleanlineſs be ſuch an Ornament to a Houſwife, that if ſhe want any part thereof, ſhe loſeth both that and all good names elſe: yet in this action it muſt be more ſeriouſly imployed than in any other.

Of fleeting Cream.

To begin then with the fleeting and gathering of your Cream from the Milk, you ſhall do it in this manner: The Milk which you do milk in the morning, you ſhall with a fine thin ſhallow diſh, made for the purpoſe, take off the Cream about five of Clock in the Evening; and the Milk which you did milk in the Evening, you ſhall fleet and take off the Cream about five of the clock the next morning; and the Cream ſo taken off, you ſhall put into a clean ſweet and well leaded earthen pot cloſe covered, and ſet it in a cloſe place; and this Cream ſo gathered, you ſhall not keep above two dayes in the Summer, and not above four in the Winter, if you will have the ſweeteſt and beſt butter, and that your Dairy contain but five Kine, no more; but how many or few ſoever you keep, you ſhall not by any means preſerve your Cream above three dayes in Summer, and not above ſix in the Winter.

Of keeping Cream.

Of churning butter, and the dayes.

Your Cream being neatly and ſweet kept, you ſhall churm or churn it on thoſe uſual dayes which are fitteſt either for your uſe in the Houſe, or the Markets adjoining near unto you, according to the purpoſe for which you keep your Dairy. Now the dayes moſt accuſtomably held amongſt ordinary Houſe-wifes, are Tueſday and Friday: Tueſday in the afternoon, to ſerve Wedneſday morning market, and Friday morning to ſerve Saturday market; for Wedneſday and Saturday are the moſt general market daies of this Kingdome, and Wedneſday, Friday, and Saturday, the uſual faſting daies of the week, and ſo meereſt for the uſe of Butter. Now for Churming, take your Cream, and through a ſtrong and clean cloth ſtrain it into the Churm, and then covering the Churm cloſe, and ſetting it in a place fit for the action in which you are imployed; as in the Summer, in the cooleſt place of your Dairy, and exceeding early in the morning, or very late in the evening; and in the Winter, in the warmeſt place of your Dairy, and in the moſt temperate hours, as about noon, a little before or after; and ſo churm it with

ſwift

ſwift ſtroakes, marking the noiſe of the ſame, which will be ſolid, heavy, and entire: untill you hear it alter, and the ſound is leight, ſharp, and more ſpiritly; and then you ſhall ſay that your butter breaks, which perceived both by this ſound, the lightneſs of the churn ſtaff, and the ſparks and drops which will appear yellow about the lid of the Churn; then cleanſe with your hand both the lid and the inward ſide of the Churn; and having put all together, you ſhall cover the churn again, and then with eaſy ſtroaks round and not to the bottom, gather the butter together into one intire lump and body, leaving no pieces thereof ſeveral or unjoyned.

Helps in churning.

Now foraſmuch as there be many miſchiefs and inconveniences which may happen to butter, in the churning, becauſe it is a body of much tenderneſs, and neither will endure much heat nor much cold; for if it be over-heated, it will look white, crumble, and be bitter in taſte; and if it be over-cold it will not come at all, but will make you waſte much labour in vain: which fault to help, if you churn your butter in the heat of Summer, it ſhall not be amiſs, if, during the time of your Churning, you place your churn in a paile of cold water; as deep as your Cream riſeth in the churn, and in the Churnning thereof let your ſtrokes go ſlow, and beſure that your churn be cold when you put in your Cream: But if you churn in the coldeſt time of Winter, you ſhall then put in your Cream before the Churn be cold, after it hath been ſcalded, you ſhall place it within the air of the fire, and Churn it with as ſwift ſtrokes, and as faſt, as may be, for the much labouring of it will keep it in a continual warmth: and thus you ſhall have your butter good, ſweet, and according to your wiſh.

The handling of butter.

After your butter is churm'd, or churn'd, and gathered well together in your churn, you ſhal then open your churn, and with both your hands gather it well together, and take it from the butter milk, and put it into a very clean bowl of wood, or panſhion of earth, ſweetned for the purpoſe, and if you intend to ſpend the butter ſweet and freſh, you ſhall have your bowle or panſhion fill'd with very clean water, and therein with your hand you ſhall work the butter, turning and toſſing it

to

to and fro, till you have by that labour beaten and washt out all the butter milk, and brought the butter to a firm substance of it self, without any other moisture; which done, you shall take the butter from the water, and with a point of a knife scotch and slice the butter over and over every way, as thick as is possible, leaving no part through which your knife must not pass, for this will cleanse and fetch out the smallest hair or mote, or rag of a strainer, and any other thing which by casual means may happen to fall into it.

After this you shall spread the butter in a bowl thin, and take so much salt as you can think convenient, which must by no means be much for sweet butter, and sprinkle it thereupon; then with your hands work the butter and the Salt exceeding well together, and then make it up either into dishes, pounds, or half pounds at your pleasure.

If, during the month of *May*, before you salt your butter, you save a lump thereof, and put it into a vessel, and so set it into the Sun the space of that month, you shall find it exceeding soveraign and medicinable for wounds, strains, aches, and such like grievances. Of may Butter.

Touching the powdring up, or potting of butter, you shall by no means, as in fresh butter, wash the butter-milk out with water, but only work it clear out with your hands: for water will make the butter rusty or reese: this done, you shall weigh your butter, and know how many pounds there is thereof: for should you weigh it after it were salted, you would be much deceived in the weight; which done, you shall open the butter, and salt it very well and throughly, beating it in with your hand till it be generally dispersed through the whole butter: then take clean earthen pots, exceedingly well-leaded, left the brine should leak through the same, and cast salt into the bottom of it: then lay in your butter, and press it down hard within the same; and when your pot is filled, then cover the top thereof with salt, so as no butter be seen, then closing up the pot, let it stand where it may be cold and safe: but if your Dairy be so little that you cannot at first fill up the pot, you shall then, when you have potted up so much as you have, cover it all over with salt, and put the next quantity upon it till the pot be full.

Now

Now there be Housewifes whose Dairies are great, who can by no means conveniently have their butter contain'd in pots, as in *Holland*, *Suffolk*, *Norfolk*, and such like, and therefore are first to take barrels very close and well made; and after they have salted it well, they fill their barrels therewith; then they take a smal stick, clean, and sweet, and therewith make divers holes down through the butter, even to the bottom of the barrel; and then make a strong brine of water and salt which will bear an Egg, and after it is well boyl'd, well skummed and cool'd, then pour it upon the top of the butter, till it swim above the same, and so let it settle. Some use to boil in this brine a branch or two of Rosemary, and it is not amiss, but pleasant and wholesome.

When to pot butter.

Now, although you may at any time, betwixt *May* and *September*, pot up butter, observing to do it in the coolest time of the morning; yet the most principal season of all is in the moneth of *May* only; for then the air is most temperate, and the butter will take salt the best, and the least subject to reesing.

The best use of butter milk for the ablest House-wife is Charitably to bestow it on the poor neighbours, whose wants do daily cry out for sustenance; and no doubt but she shall find the profit thereof in a divine place, as well as in her earthly business. But if her own wants command her to use it for her own good, then she shall of her butter milk make Curds, in this manner: she shall take her butter milk and put it into a clean earthen vessel, which is much larger than to receive the butter-milk only; and looking unto the quantity thereof, she shall take as it were a third part so much of new milk, and let it cool a little; then powre it into the butter milk in the same manner as you would make a posset, and having stirred it about, let it stand; then with a fine skummer, when you will use the curds (for the longer it stands, the better the curds will eat) take them up into a Cullander, and let the whey drop well from it, and then eat them either with Cream, Ale, Wine, or Beer: as for the Whey, you may keep it also in a sweet stone vessel; for it is that which is called Whig, and

and it is an excellent cool-drink, and wholsom, and may very well be drunk a summer through, instead of any other drink; and without doubt, will slake the thirst of any labouring man as well, if not better.

Of Cheese. The next main profit which ariseth from the Dairy, is Cheese, of which there be divers kinds, as new milk, or morrow milk Cheese, Nettle-cheese, Floaten-milk-cheese, and Eddish, or After-math-cheese, all which have their several orderings, and compositions, as you shall perceive by the discourse following. Yet before I do begin to speak of the making of the Cheese, I will shew you how to order your Cheeslep-bag or Runner, which is the most principal thing wherewith your Cheese is compounded, and giveth the perfect taste unto the same.

Of the Cheeslep bag or Runnet. The Cheeslep-bag, or Runnet, is the stomach bag of a young sucking Calf, which never tasted other food than milk, where the curd lyeth undigested. Of these bags you shall in the beginning of the year, provide your self good store, and first open the bag, and powre out into a clean vessel the curd and thick substance thereof; but the rest which is not curdled you shall put away: then open the curd and pick out of it all manner of motes, chiers of grass, or other filth gotten into the same; then wash the curd in so many cold waters, till it be as white and clean from all sorts of moats as is possibe; then lay it on a clean cloath that the water may drain from it, which done, lay it in another dry vessel; then take a handful or two of salt, and rub the curd therewith exceedingly; then take your bag, and wash it also in divers cold waters till it be very clean, and then put the curd and the salt up into the bag, the bag being also well rub'd within with salt; and so put it up, and salt the outside also all over, and then close up the pot close, and so keep them a full year before you use them. For, touching the hanging of them up in chimney corners, (as coorse House-wifes do) it is sluttish, naught, and unwholsom; and the spending of your Runnet whil'st it is new, makes your Cheese heavy, and to prove hollow.

When your Runnet or Earning is fit to be used, you shall season

ſeaſon it after this manner, you ſhall take the bag you intend to uſe, and opening it, put the Curd into a ſtone morter or a bowle, and with a wooden peſtle, or a rolling pin, beat it exceedingly; then put to it the yolks of two or three eggs, and half a pint of the thickeſt and ſweeteſt Cream you can fleet from your milk, with a penni-worth of Saffron finely dried and beaten to powder, together with a little Cloves, and Mace, and ſtir them all paſſing well together, till they appear but as one ſubſtance, and then put it up into the bag again; then you ſhall make a very ſtrong brine of water and ſalt, and in the ſame you ſhall boyl a handfull of Saxifrage, and then when it is cold, clear it into a clean earthen veſſel: then take out of the bag half a dozen ſpoonfuls of the former Curd, and mix it with the brine; then cloſing the bag up again cloſe, hang it with the brine, and in any caſe alſo ſteep in your brine a few Walnut-tree-leaves, and ſo keep your Runnet a fortnight after before you uſe it; and in this manner, dreſs all your bags ſo, as you may ever have one ready after another, and the youngeſt a fortnight old ever at the leaſt; for that will make the earning quick and ſharp, ſo that four ſpoonfuls thereof will ſuffice for the gathering and ſeaſoning of at leaſt twelve Gallons of milk, and this is the choiceſt and beſt earning which can poſſible be made by any Houſe-wife.

To make a new milk or morning milk Cheeſe, which is the beſt cheeſe made ordinarily in our Kingdome; you ſhall take your milk early in the morning, as it comes from the Cow, and fyle it into a clean Tub; then take all the Cream alſo from the milk you milk'd the evening before, and ſtrain it into your new milk, then take a pretty quantity of clean water, and having made it ſcalding hot, powre it into the milk alſo to ſcald the Cream and it together, then let it ſtand, and cool it with a diſh till it be no more than luke-warm; then go to the pot where your earning bags hang, and draw from thence ſo much of the earning, without ſtirring of the bag, as will ſerve for your proportion of milk, and ſtrain it therein very carefully, for if the leaſt mote of the Curd of the earning fall into the Cheeſe, it will make the cheeſe rot and mould;

mould; when your earning is put in, you ſhall cover the milk, and ſo let it ſtand half an hour or thereabouts; for if the earning be good, it will come in that ſpace; but if you ſee it doth not, then you ſhall put in more; being come, you ſhall, with a diſh in your hand break and maſh the curd together, poſſing and turning it diverſly: which done, with the flat palmes of your hands very gently preſs the curd down into the bottom of the Tub; then with a thin diſh take the whey from it as clean as you can, and ſo having prepared your Cheeſe-fat anſwerable to the proportion of your curd, with both your hands joyned together, put your curd therein and break it, and preſs it down hard into the fat, till you have fill'd it; then lay upon the top of the curd your hard cheeſe-board, and a little ſmall weight thereupon, that the whey may drop from it into the under veſſel, when it hath done droping, take a large Cheeſe-cloth, and having wet it in the cold water, lay it on the Cheeſe-boord, and then turn the Cheeſe upon it, then lay the cloth into the Cheeſe-fat, and ſo put the Cheeſe therein again, and with a thin ſlice thruſt the ſame down cloſe on every ſide: then laying the cloth alſo over the top, lay on the Cheeſe boord, and ſo carry it to your great preſs, and there preſs it under a ſufficient weight: after it hath been there preſt half an hour, you ſhall take it and turn it into a dry cloth, and put it into the preſs again, and thus you ſhall turn it into dry cloths at leaſt five or ſix times in the firſt day, and ever put it under the preſs again, not taking it therefrom till the next day in the evening at ſooneſt, and the laſt time it is turned, you ſhall turn it into the dry fat without any cloth at all.

When it is preſt ſufficiently, and taken from the fat, you ſhall then lay it in a Kimnel, and rub it firſt on the one ſide, and then on the other with ſalt, and ſo let it lie all that night, then the next morning you ſhall do the like again, and ſo turn it out upon the brine, which comes from the ſalt two or three dayes more, according to the bigneſs of the Cheeſe, and then lay it upon a fair Table or ſhelf to dry, forgetting not every day once to rub it all over with a clean cloth, and

and then to turn it till such time that it be throughly dry, and fit to go into the Cheese-heck: and in this manner of drying, you must observe to lay it first where it may dry hastily, and after where it may dry at more leisure: Thus may you make the best and most principal Cheese.

A cheese of two meals.

Now if you will make a Cheese of two meals, as your mornings new milk, and the evenings Cream milk, all you shall do, is but the same formerly rehearsed. And if you will make a simple morrow milk Cheese, which is all of new milk, and nothing else, you shall then do as before declared, only you shall put in your earning so soon as the milk is fill'd, (if it hath any warmth in't) and not scald it: but if the warmth be lost, you shall put it into a kettle, and give it the air of the fire.

Cheese of one meal.

Of Nettle Cheese.

If you will have a very fine Nettle Cheese, which is the finest summer cheese which can be eaten; you shall do in all things as was formerly taught in the new milk cheese compound; Onely you shall put the curd into a very thin Cheese-fat, not above half an inch, or a little better, deep at the most, and then when you come to dry the same, as soon as it is drained from the brine, you shall lay it upon fresh nettles, and cover it all over with the same, and so lying where they may feel the air, let them ripen therein, observing to renew your nettles once in two dayes, and every time you renew them, to turn the Cheese or Cheeses, and to gather your nettles as much without stalks as may be, and to make the bed both under and aloft as smooth as may be, for the more eaven and fewer wrinkles that your cheese hath, the more dainty is your House-wife accounted.

Of floaten milk cheese.

If you will make floaten milk cheese, which is the courfest of all cheese, you shall take some of the milk, and heat it upon the fire to warm all the rest, but if it be soure, that you dare not adventure the warming of it, for fear of breaking, then you shall heat water, and with it warm it; then put in your earning as before shewed, and gather it, press it, salt it, and dry it, as you did all other Cheese.

Of Eddish cheese.

Touching your Eddish Cheese, or Winter Cheese, there is not any difference betwixt it and your summer Cheese, touching

ing the making thereof only, because the season of the year denieth a kindly drying or hardning thereof, it differeth much in taste, and will be soft alwayes; and of these eddish Cheeses you may make as many kinds as of Summer Cheeses, as of one meal, two meals, or of milk that is floaten.

When you have made your Cheese, you shall then have care of the Whey, whose general use differeth not from that of Butter-milk, for either you shall preserve it to bestow on the poor, because it is a good drink for the labouring man, or keep it to make curds out of it, or lastly, to nourish and bring up your Swine.

Of whey curds.

If you will make curds of your best Whey, you shall set it upon the fire, and being ready to boyl, you shall put into it a pretty quantity of Butter-milk, and then as you see the Curds arising up to the Top of the Whey, with a skummer skum them off, and put them into a Cullander, and then put in more Butter-milk, and thus do while you can see any Curds arise; then the Whey being drained clean from them, put them into a clean vessel, and so serve them forth as occasion shall serve.

CHAP. VII.

The Office of the Malt, and the several secrets and knowledges belonging to the making of Malt.

IT is most requisite and fit, that our House-wife be experienced and well practised in the well making of Malt, both for the necessary and continual use thereof, as also for the general profit which accreweth and ariseth to the Husband, House-wife, and the whole Family; for as from it is made the drink by which the Houshold is nourished and sustained, so to the fruitfull Husband-man, (who is the Master of rich ground, and much Tillage) it is an excellent Merchandise, and a commodity of so great Trade, that not only special Towns and Countries are maintained thereby, but also the whole Kingdome, and divers others of our neighbouring Na-

tions. This office or place of Knowledge belongeth particularly to the House-wife; and though we have many excellent Men-maltsters, yet it is properly the work and care of the woman, for it is a house work, and done altogether within doors, where generally lyeth her charge; the man only ought to bring in, and to provide the grain, and excuse from her portage or too heavy burthens, but for the Art of making the malt, and the several labours appertaining to the same, even from the Fat to the Kiln, it is only the work of the House-wife; and the Maid-servants to her appertaining.

To begin then with the first Knowledge of our Maltster, it consisteth in the election and choice of grain, fit to make Malt on, of which there are indeed truly but two kinds, that is to say, Barley, which is of all other the most excellent for this purpose; and Oats, which when Barley is scant, or wanting, maketh also a good and sufficient malt: and though the drink which is drawn from it, be neither so much in the quantity, so strong in the substance, nor yet so pleasant in the taste, yet is the drink very good and tolerable, and nourishing enough for any reasonable creature, Now I do not deny, but there may be made Malt of Wheat, Pease, Lupins, Fetches, and such like, yet it is with us of no retained custom, nor is the drink simply drawn or extracted from those grains, either wholsome or pleasant, but strong and fulsome: Therefore I think it not fit to spend any time in treating of the same. To speak then of the election of Barley, you shall understand that there be divers kinds thereof, according to the alteration of soiles, some being big, some little, some empty, some full, some white, some brown, and some yellow; but I will reduce all these into three kinds, that is, into the Clay Barley, the Sandy-Barly, and the Barly which groweth on the mixt soyl. Now the best Barley to make Malt on, both for yielding the greatest quantity of matter, and making the strongest, best, and most wholsome drink, is the Clay-Barley well dreft, being clean Corn of it self, without Weed or Oats, white of colour, full in substance, and sweet in taste: that which groweth on the mixt ground is the next; for though it be subject to some

some Oats, and some Weeds: yet being painfully and carefully dreſt, it is a fair and boll'd Corn, great and full; and though somewhat browner than the former, yet is of a fair and clean complexion. The laſt and worſt grain for this purpoſe is, the Sand Barley, for although it be ſeldome or never mixt with Oates, yet if the Tillage be not painfully and cunningly handled, it is much ſubject to weeds of divers kinds, as Tares, Fetches, and ſuch like, which drink up the liquor in the brewing, and make the yield or quantity thereof very little and unprofitable, beſides the grain naturally of it ſelf hath a yellow, withered, empty huſk, thick and unfurniſhed of meal, ſo that the drink drawn from it, can neither be ſo much, ſo ſtrong, ſo good, nor ſo pleaſant; ſo that to conclude, the clean Clay Barley is beſt for profit in the ſale drink, for ſtrength and long laſting.

The Barley in the mixt grounds will ſerve well for Houſholds and Families: and the ſandy-barley for the poor, and in ſuch places where better is not to be gotten. And theſe are to be Known by every Husband or Houſe-wife: the firſt by his whiteneſs, greatneſs, and fulneſs; the ſecond by his browneſs; and the third by his yellowneſs, with a dark brown nether end; and the emptineſs, and thickneſs of the huſk: and (in this election of barley) you ſhall note, that if you find in it any wild Oats, it is a ſign of rich clay ground, but ill husbanded; yet the malt made thereof is not much amiſs, for both the wild Oat and the perfect Oat give a good ſharp reliſh to the drink, if the quantity be not too much, which is evermore to be reſpected. And to conclude this matter of election, great care muſt be had of both Husband and Houſe-wife, that the Barley choſen for malt, be exceeding ſweet, but in ſmell and taſte, and very clean dreſt: for any corruption maketh the malt loathſome, and the foul dreſſing addeth much loſs.

Of the Malt-houſe, and the ſituation.

After the skilful election of grain for malt, the Houſe-wife is to look to the ſituation, goodneſs and apt accommodation of the Malt-houſe; for in that conſiſteth both much of the skill, and much of the profit: for the general ſituation of the houſe, it would (as near as can be) ſtand upon firm dry ground, having proſpect every way, with open Windows and Lights to let in the

Wind, Sun, and Ayr, which way the Maſter pleaſeth, both to cool and comfort the grain at pleaſure, and alſo cloſe-ſhuts, or draw-windows to keep out the Froſt and Storms; which are the only lets and hindrances for making the Malt good and perfect: for the model or form of the Houſes, ſome are made round, with a Court in the middle, ſome long, and ſome ſquare, but the round is the beſt, and the leaſt laborious; for the Ceſterns or Fats being placed (as it were) at the head or beginning of the Circle, and the Pump or Well, (but the Pump is beſt) being cloſe adjoyning, or at leaſt by conveyance of troughs made as uſefull as if it were neer adjoyning, the Corn being ſteept, may with one perſons labour and a ſhovel, be caſt from the Fat or Ceſtern to the floor, and there couch't; then when the couch is broken, it may in the turning either with the hand or the ſhovel be caried in ſuch a circular houſe round about from one floor to another, till it come to the Kiln, which would alſo be placed next over againſt the Pump and Ceſterns, and all contained under one roof.

And thus you may empty ſteeping after ſteeping, and carry them with one perſons labour from floor to floor, till all the floors be filled: in which circular motion you ſhall find, that ever that which was firſt ſteept, ſhall firſt come to the Kiln, and ſo conſequently one after another, in ſuch ſort as they were ſteeped, and your work may evermore be conſtant, and your floors at no time empty, but at your own pleaſure, and all the labour done only with the hand and ſhovel, without carrying or recarrying, or lifting heavy burthens, which is both troubleſom and offenſive, and not without much loſs, becauſe in ſuch caſes ever ſome grain ſcattereth.

Now over againſt the Kiln-hole or Furnace, (which is evermore intended to be on the ground) ſhould a convenient place be made to pile the fewel for the Kiln, whether it be Straw, Bracken; Furrs, Wood, Coal, or other fewel; but ſweet Straw is of all other the beſt and neateſt. Now, it is intended that this Malt-houſe may be made two ſtories in height, but no higher: Over your Ceſterns ſhall be made the Garners wherein to keep your Barley before it be ſteeped: in the bottoms of theſe Garners, ſtanding directly over the Ceſterns, ſhall

be convenient holes made to open and ſhut at pleaſure, through which ſhall run down the barley into the Ceſtern.

Over the bed of the Kiln can be nothing but the place for the hair cloth, and a ſpacious roof open every way that the ſmoke may have a free paſſage and with the leaſt air be carried from the kiln which maketh the malt ſweet and pleaſant. Over that place where the fewel is piled, and is next of all to the bed of the kiln, would likewiſe be other ſpacious Garners made, ſome to receive the Malt as ſoon as it is dryed with the Comb and Kiln duſt, in which it may lye to mellow and ripen, and others to receive the malt after it is skreened and dreſt up; for to let it be too long in the Comb, as above three months at longeſt, will make it both corrupt, and breed Weevels and other worms, which are the greateſt deſtroiers of malt that may be. And theſe Garners ſhould be ſo conveniently plac't before the front of the Kiln bed, that either with the ſhovel, or a ſmall ſcuttle, you may caſt, or carry, the malt once dried into the Garners.

For the other part of the floors, they may be employed as the ground floors are, for the receiving of the malt when it comes from the Ceſtern; and in this manner, and with theſe accommodations, you may faſhion any Malt-houſe, either round, long, ſquare, or of what proportion ſoever, as either your eſtate, or the convenience of the ground you have to build on, ſhall adminiſter.

Of Malt-floors

Next to the ſite or proportion of the ground, you ſhall have a principal care for the making of your malt floors, in which *all the cuſtome and the nature of the ſoyl binds many times a man to ſundry inconveniences, and that a man muſt neceſſarily build according to the matter he hath to build withall, from whence ariſeth the many diverſities of Malt floors*; yet you ſhall underſtand, that the general beſt Malt-floor, both for Summer and Winter and all ſeaſons, is the Cave or vaulted Arch which is hewed out of a dry and main gretty Rock, for it is both warm in Winter, and cool in Summer, and generally comfortable in all ſeaſons of the year whatſoever. For it is to be noted, that all Houſewifes do give over the making of malt in the extream heat of Summer, it is not becauſe the Malt is worſe that is made in Summer than that which is made in Winter, but becauſe the floors are more unſeaſonable, and that the Sun getting a power into ſuch open

places, maketh the grain which is ſteeped to ſprout and come ſo ſwiftly, that it cannot endure to take time on the floor, and get the right ſeaſoning which belongeth to the ſame: whereas theſe kind of vaults being dry, and as it were coucht under the ground, not only keepeth out the Sun in Summer, which maketh the Malt come muc h too faſt, but alſo defendeth it from froſt, and cold bitter blaſts in ſharp Winter, which will not ſuffer it to come, or ſprout at all; or if part do come and ſprout, as that which lyeth in the heart of the bed, yet the upper parts and outſide, by means of extream cold, cannot ſprout, but being again dryed hath its firſt hardneſs, and is one and the ſame with raw barley; for every *Houſewife* muſt know, that if Malt do not come as it were altogether, and at an inſtant, and not one come more than another, the Malt muſt needs be very much imperfect.

The next floor to the Cave, or dry Sandy Rock, is the floor which is made of earth, or a ſtiff ſtrong binding clay well watered; and mixt with Horſe-dung and Soap-aſhes, beaten and wrought together, till it come to one ſolid firmneſs; this floor is a very warm comfortable Floor in the Winter ſeaſon, and will help the Grain to come and ſprout exceedingly, and with the help of Windows to let in the cold air, and to ſhut out the violent reflection of the Sun, will ſerve very conveniently for the making of Malt, for nine moneths in the year, that is to ſay from *September* till the end of *May*; but for *June*, *July*, and *Auguſt*, to imploy it to that purpoſe, will breed both loſs and incumbrance. The next floor to this of the earth, is that which is made of Plaſter, or Plaſter of Paris; being burnt in a ſeaſonable time, and kept from wet, till the time of ſhooting, and then ſmoothly laid, and well levelled; the imperfection of the plaſter-floor is only the extream coldneſs thereof, which in froſty and cold ſeaſon ſo bindeth in the heart of the Grain, that it cannot ſprout, for which cauſe it behoveth every Maltſter that is compelled to theſe floors, to look well unto the ſeaſons of the year, and when he findeth either the froſt, Northern blaſts, or other nipping ſtorms to rage too violently, then to make his firſt couches or beds, when the Grain cometh newly out of the Ceſtern, much thicker and rounder than otherwiſe he would do, and as the cold abateth, or the corn increaſeth in

ſprouting

ſprouting, ſo to make couches or beds thinner and thinner; for the thicker and cloſer the grain is coucht and laid together, the warmer it lyeth, and ſo catching heat, the ſooner it ſprouteth, and the thinner it lyeth, the cooler it is, and ſo much the ſlower in ſprouting. The floor, if the windows be cloſe, and guard off the Sun ſufficiently, will (if neceſſity compel) ſerve for the making of Malt ten months in the year; only in *July* and *Auguſt*, which contain the Dog dayes, it would not be employed, nor in the time of any froſt, without great care and circumſpection.

Again, there is in this floor another fault, which is a naturall caſting out of duſt, which much ſullieth the grain; and, being dryed, makes it look dun and foul, which is much diſparagement to the Maltſter: therefore ſhe muſt have great care that when the Malt is taken away, ſhe ſweep and keep her floors as clean and neat as may be. The laſt and worſt is the boarded floor, of what kind ſoever it be, by reaſon of the too much heat thereof, and yet of boarded floors the Oaken boarded is the cooleſt and longeſt laſting; the Elm or Beech is next, then the Aſh, and the worſt (though it be the faireſt to the Eye) is the Fir, for it hath in it ſelf (by reaſon of the Frankincenſe and Turpentine which it holdeth) a natural heat, which, mixed with the violence of the Sun in the Summer time, forceth the grain not only to ſprout but to grow in the couch, which is much loſs, and a fowl imputation. Now theſe boarded floors can hardly be in uſe for above five months at the moſt, that is to ſay *October*, *November*, *December*, *January*, and *February*; for the reſt, the Sun hath too much ſtrength, and theſe boarded floors too much warmth; and therefore, in the cooleſt times it is good to obſerve to make the couch thin, whereby the air may paſs through the corn, and ſo cool it, that it may ſprout at leiſure.

Now for any other floor beſides theſe already named, there is not any good, to malt upon; for the common floor which is of natural earth, whether it be Clay, Sand, or Gravell, if it have no miture at all with it more than its own nature, by oft treading upon it, groweth to gather the nature of ſaltneſs, or Salt-peter into it, which not only giveth an ill taſte to the grain that is laid upon the ſame, but alſo by its moiſture and mouldineſs

Imperfect floors.

dineſs, which in the moiſt times of the year ariſe from the ground, it often corrupteth and putrifieth the Corn; the rough paved floor, by reaſon of the uneavenneſs, is unfit to malt on, becauſe the grain getting into the crannies, doth there lye, and is not removed or turned up and down as ſhould be with the hand, but many times is ſo fixed to the ground that it ſprouteth and and groweth up into a green blade, affording much loſs and hinderance to the owner.

The ſmooth paved floor, or any floor of ſtone whatſoever, is full as ill; for every one of them naturally, againſt much wet or change of weather, will ſweat and diſtill forth ſuch abundant moiſture, that the malt lying upon the ſame, can neither dry kindly, nor expell the former moiſture received in the Ceſtern, but alſo by that overmuch moiſture many times rotteth, and comes to be altogether uſeleſs. Laſtly, for the floor made of lime and hair, it is as ill as any formerly ſpoken of; both in reſpect of the nature of the Lime, whoſe heat and ſharpneſs is a main enemy to malt, or any moiſt corn, as alſo in reſpect of the weakneſs and brittleneſs of the ſubſtance thereof, being apt to molder and fall in pieces with the lighteſt treading on the ſame, and that lime and duſt once mixing with the corn, it doth ſo poyſon and ſuffocate it, that it neither can ſprout, nor turn ſerviceable for any uſe.

Of the Kiln and the building thereof

Next unto the Malt-floors, our Maltſter ſhall have a great care, in the framing and faſhioning of the Kiln, of which there are ſundry ſorts of models, as the ancient form which was in time paſt uſed of our forefathers being only made in a ſquare proportion at the top, with ſmall ſplints or rafters, joyned within four inches one from another going from a main beam croſſing the mid part of that great ſquare: then is this great ſquare from the top, with good and ſufficient ſtuds, to be drawn ſlope-wiſe narrower and narrower, till it come to the ground, ſo that the harth or loweſt part thereof may not be above a ſixth part to the great ſquare above, on which the malt is laid to be dryed; and this harth ſhall be made hollow and deſcending, and not level nor aſcending; and theſe Kilns do not hold any certain quantity in the upper ſquare, but may ever be according to the frame of the houſe, ſome being thirty foot each way

way, some twenty, and some eighteen. There be other Kilns which are made after this manner open and slope, but they are round of proportion, but both these kinds of Kilns have one fault, which is danger of fire; for lying every way open and apt for the blaze, if the Maltster be any thing negligent, either in the bouting of the blaze low and forward, or not sweeping every part about the harth any thing that may take fire, or fore-seeing that no straws which do belong to the bedding of the Kiln do hang down or are loose, whereby the fire may take hold of them, it is very possible that the Kiln may be set on fire; to the great loss and often undoing of the owner.

The perfect Kiln.

Which to prevent, and that the Maltster may have better assurance and comfort in her labour, there is a Kiln now of general use in this Kingdome, which is call'd a *French* Kiln, being framed of a brick, ashler, or other fire stone, according to the nature of the soyle in which Husbands and House-wives live: and this French Kiln is ever safe and secure from fire, and whether the Maltster wake or sleep, without extream wilful negligence, there can no danger come to the Kiln; and in these Kilns may be burnt any kind of fewel whatsoever, and neither shall the smoak offend or breed ill taste in the malt, nor yet discolour it, as many times it doth in open Kilns, where the malt is as it were covered all over, and even parboyl'd in smoke, so that of all sorts of Kilns whatsoever, this, which is called the French Kiln, is to be preferred and only embraced. Of the forme or model whereof, I will not hear stand to treat, because they are now so generally frequent amongst us, that no Mason or Carpenter in the whole Kingdome but can build the same; so that to use more words thereof were tediousness to little purpose. Now, there is another kind of Kiln, which I have seen (and but in the West Country only) which, for the profitable quaintness thereof, I took some special note of, and that was a Kiln made at the end of a Kitchin Raunge or Chimney, being in shape round, and made of brick, with a little hollowness narrowed by degrees, into which came from the bottom and midst of the Kitchin Chimney a hollow tunnel or vault, like the tunnel of a Chimney, and ran directly on the back-side the hood, or back of the Kitchin Chimney; then in the midst of the Chimney where the

the greateſt ſtrength of the fire was made, was a ſquare hole made of about a foot and half every way, with an iron thick plate to draw to and fro, opening and cloſing the hole at pleaſure; and this hole doth open only into that tunnel which went to the Kiln, ſo that the Malt being once laid, and ſpread upon the Kiln; draw away the Iron plate, and the ordinary fire with which you dreſs your meat, and perform other neceſſary buſineſs, is ſuckt up into this tunnel, and ſo conveyeth the heat to the Kiln, where it dryeth the Malt with as great perfection as any Kiln I ſaw in my life, and needeth neither attendance or other ceremony more, than once in five or ſix hours to turn the malt, and take it away when it is dried ſufficiently: for it is here to be noted, that how great or violent ſoever the fire be, which is in the chimney, yet by reaſon of the paſſage, and the quantity thereof, it carrieth no more than a moderate heat to the Kiln; and for the ſmoak, it is ſo carried away in other loop-holes which run from the hollowneſs between the tunnel, and the Malt-bed, that no malt in the World can poſſibly be ſweeter or more delicately coloured: Only the fault of theſe Kilns are, that they are but little in compaſs, and ſo cannot dry much at a time, as not above a quarter, or ten ſtrikes at the moſt, in one drying, and therefore are no more but for a man's own particular uſe, and for the furniſhing of one ſetled Family; but ſo applyed, they exceed all the Kilns that I have ſeen whatſoever.

Bedding of the Kiln.

When our Maltſter hath thus perfected the Malt-houſe and Kiln, then next look to the well bedding of the Kiln, which is diverſly done according to mens divers opinions: for ſome uſe one thing, and ſome another, as the neceſſity of the place, or mens particular profits draw them.

But firſt to ſhew you what the bedding of a Kiln is, you ſhall underſtand that it is a thin covering laid upon the open rafters, which are next unto the heat of the fire, being made either ſo thin, or ſo open, that the ſmalleſt heat may paſs through it, and come to the corn: this bed muſt be laid ſo eaven and level as may be, and not thicker in one place than another, leſt the Malt dry too faſt where it is thinneſt, and too ſlowly where it is thick, and ſo in the taſte ſeem to be of two ſeveral dryings.

It

It must also be made of such stuff, as having received heat, it will long continue the same, and be assistant to the fire in drying the corn; it should also have in it no moist or darkish property, lest at the first receiving of the fire it send out a stinking smoak, and so taint the Malt; for should it be of any rough or sharp substance, because upon the bed or bedding is laid the hair cloth, and on the hair cloth the Malt, so that with the turning the Malt and treading upon the cloth, should the bed be of any such roughness, it would soon wear out the hair cloth, which would be both loss and ill Houf-wifery, which is carefully to be eschewed.

But now for the manner or substance whereof this bedding should be made, the best, neatest, and sweetest, is clean long Rye-straw, with the ears only cut off, and the ends laid eaven together, not one longer than another, and so spread upon the rafter of the Kiln, as eaven and thin as may be, and laid as it were straw by straw in a just proportion, where skill and industry may make it thin or thick at pleasure, as but the thickness of one straw, or of two, three, four, or five, as shall seem to your judgment most convenient; and than this, there can be nothing more eaven, more dry, sweet, or open to let in the heat at your pleasure; and although in the old open Kilns it be subject to danger of fire, by reason of the quickness to receive the flame, yet in the French Kilns (before mentioned) it is a most safe bedding, for not any fire can come near unto it. There be others which bed the Kiln with Mat; and it is not much to be misliked, if the Mat be made of Rye-straw sowed and woven together according to the manner of the *Indian-Mats*, or those usual thin *Bent-mats*, which you shall commonly see in the Summer time standing in Husbandmen's Chimneys, where one bent or straw is laid by another, and so woven together with good strong pack-thread: but these Mats according to the old Proverb (*Most cost, most worship*) for they are chargeable to be bought, and very troublesome in the making, and in the wearing will not out-last one of the former loose beddings; for if one thread or stitch break, immediately most in that row will follow: only it is most certain, that during the time it lasteth, it is both

both good, neceſſary and handſome. But if the Mat be made either of Bul-ruſhes, Flags, or any other thick ſubſtance (as for the moſt part they are) then it is not ſo good a bedding, both becauſe the thickneſs keepeth out the heat, and is long before it can be warmed; as alſo, in that it ever being cold, naturally of it ſelf draweth into it a certain moiſture, which with the firſt heat being expelled in ſmoak, doth much offend and breed ill taſte in the Malt. There be others that bed the Kiln with a kind of Mat made of broad thin ſplints of wood wrought Checker-wiſe one into another, and it hath the ſame faults which the thick Mat hath; for it is long in catching the heat, and will ever ſmoke at the firſt warming, and that ſmoak will the malt ſmell on ever after; for the ſmoke of wood is ever more ſharp and piercing than any other ſmoke whatſoever.

Beſides, this Wooden-Mat, after it hath once bedded the Kiln, it can hardly afterward be taken up or removed; for by continual heat, being brought to ſuch an extream dryneſs, if upon any occaſion either to mend the Kiln, or cleanſe the Kiln, or do other neceſſary labour underneath the bedding, you ſhall take up the wooden-mat, it would preſently crack, and fall to pieces, and be no more ſerviceable.

There be others which bed the Kiln with a bedding made all of Wickers, of ſmall wands folded one in another like a hurdle, or ſuch wand-work, but it is made very open, every wand at leaſt two or three fingers one from another; and this kind of bedding is a very ſtrong kind of bedding, and will laſt longeſt, and catcheth the heat at the firſt ſpringing, only the ſmoke is offenſive, and the roughneſs, without great care uſed, will ſoon wear out your hair cloth; yet in ſuch places where ſtraw is not to be got or ſpared, and that you are compelled only to uſe wood for your fewel in drying your Malt, I allow this bedding before any other, for it is very good, ſtrong, and long laſting: Beſides, it may be taken up and ſet by at pleaſure, ſo that you may ſweep and cleanſe your Kiln as oft as occaſion ſhall ſerve, and in the neat and fine keeping of the Kiln, doth conſiſt much of the Houſewife's Art: for to be choakt either with duſt, dirt, ſoot or aſhes, as it ſhewes ſlut-

tiſhneſs

tiſhneſs and ſloth, the only great imputations hanging over a Houſe-wife, ſo likewiſe they hinder the labour, and make the malt dry a great deal worſe, and more unkindly.

Next the Bedding of the Kiln, our Maltſter by all means muſt have an eſpecial care with what fewel ſhe dryeth the Malt; for commonly, according to that, it ever receiveth and keepeth the taſte, if, by ſome ſpecial Art in the Kiln, that annoiance be not taken away. To ſpeak then of fewels in general, there are of divers kinds, according to the natures of ſoyles, and the accommodation of places in which men live; yet the beſt and moſt principal fewel for the Kilns, (both for ſweetneſs, gentle-heat, and perfect drying) is either good Wheat-ſtraw, Rye-ſtraw, Barley-ſtraw, or Oaten-ſtraw; and of theſe the Wheat-ſtraw is the beſt, becauſe it is the moſt ſubſtantial, longeſt laſting, makes the ſharpeſt fire, and yields the leaſt flame; The next is Rye-ſtraw, then Oaten-ſtraw, and laſt Barley-ſtraw, which by reaſon it is ſhorteſt, lighteſt, leaſt laſting, and giveth more blaze than heat, it is laſt of theſe white ſtraws to be choſen; and where any of theſe faile or are ſcarce, you may take the ſtubble or after-crop of them, when the upper part is ſhorn away; which being well dryed and houſed, is as good as any of the reſt already ſpoken of, and leſs chargeable, becauſe it is not fit for any better purpoſe, as to make fodder, manure, or ſuch like, or more than ordinary thatching, and ſo fitteſt for this purpoſe. Next to theſe white ſtraws, your long Fen-Ruſhes, being very exceeding well withered and dryed, and all the ſappy moiſture gotten out of them, and ſo either ſafely houſed or ſtacked, are the beſt fewel; for they make a very ſubſtantial fire and much laſting, neither are apt to much blazing, nor the ſmoke ſo ſharp or violent, but may very well be endured: where all theſe are wanting, you may take the ſtraw of Peaſe, Fetches, Lupins, or Tares, any of which will ſerve, yet the ſmoak is apt to taint, and the fire without prevention dryeth too ſuddainly and ſwiftly. Next to theſe is clean Bean-ſtraw, or ſtraw mixt of Beans and Peaſe together; but this muſt be handled with great diſcretion, for the ſubſtance containeth ſo much heat, that it will rather burn than dry, if it be not moderated, and the ſmoke is alſo much offenſive

Of fewel for the drying of Malt.

offensive. Next to this Bean-straw, is your Furs, Gorse, Whins, or small Brush-wood, which differeth not much from Bean-straw; onely the smoak is much sharper, and tainteth the Malt with a much stronger savour. To these I may add Braken or Brakes, Ling, Heath, or Broom, all which may serve in time of necessity, but each one of them have this fault, that they add to the Malt an ill taste or savour. After these I place wood of all sorts, for each is a like noisom, and if the smoke which cometh from it touch the Malt, the infection cannot be removed; from whence amongst the best Husbands hath sprung this Opinion, that when at any time drink is ill tasted, they say straight, it was made of Wood-dryed Malt. And thus you see the generality of fewels, their vertues, faults, and how they are to be imployed. Now for Coal of all kinds, Turf, or Peat, they are not by any means to be used under Kilns, except where the Furnaces are so subtilly made that the smoak is conveyed a quite contrary way, and never cometh near the malt; in that case it skilleth not what fewel you use, so it be durable and cheap, it is fit for the purpose, only great regard must be had to the gentleness of the fire; for, as the old Proverb is, (soft fire maketh sweet Malt) so too rash and hasty a fire scorcheth and burneth it, which is called amongst Maltsters Fire-fang'd; and such Malt is good for little or no purpose: therefore to keep a temperate and true fire, is the only Art of a most skilful Maltster.

When the Kiln is thus made, and furnished of all necessaries duely belonging to the same, your Maltster's next care shall be to the fashioning and making of the Garners, Hutches, or Holds, in which both the malt after it is dryed, and the Barley before it be steeped, is to be kept and preserved; and these Garners or Safes for Corn are made of divers fashions, and divers matters, as some of Boords, some of Bricks, some of Stone, some of Lime and Hair, and some of Mud, Clay, or Loam: but all of these have their several faults; for wood of all kinds breedeth Weevel and Worms which destroy the Grain, and is indeed much too hot; for although malt would ever be kept passing dry, yet never so little overplus of heat withers it, and takes away the vertue; for as moisture rots and

corruprs

corrupts it, so heat takes away and decayeth the substance. Brick, because it is laid with Lime, is altogether unwholesome; for the Lime being apt, at change of weather, to swear, moistneth the grain, and so tainteth it; and in the dryest Seasons, with the sharp hot taste, doth fully as much offend it: those which are made of Stone, are much more noisome, both in respect of the reasons before rehearsed, as also in that all Stone of it self will swear, and so more and more corrupteth the grain which is harboured in it. Lime and Haire being of the same nature, carrieth the same offences, and is in the like sort to be eschewed. Now for Mudd, Clay, or Loame, in as much as they must necessarily be mixt with Wood, because otherwise of themselves, they cannot knit or bind together; and besides, that the Clay or Loame must be mixt either with chopt hay, chopt straw, or chopt Litter, they are as great breeders of Worms and Vermine as Wood is, nor are they defences against Mice, but easie to be wrought through, and so very unprofitable for any Husband or House-wife to use. Besides, they are much too hot, and being either in a close house, near the Kiln, or the back, or face of any other Chimney, they dry the Corn too sore, and make it dwindle and wither, so that it neither filleth the bushell, nor enricheth the Liquor, but turns to loss every way. The best Garner then that can be made, both for safety and profit, is to be made either of broken tile-shreads, or broken bricks, cunningly and eaven laid and bound together with Plaister of Paris, or our ordinary English Plaister, or burnt Alabaster, and then covered all over both within and without, in the bottom and on every side, at least three fingers thick with the same Plaister, so as no brick or tile-shread may by any means be seen, or come near to touch the Corn; and these Garners you may make as big, or as little as you please, according to the frame of your house, or place of most convenience for the purpose, which indeed would ever be as near the Kiln as may be, that the aire of the fire in the daies of drying, may come unto the same, or else near the backs or sides of Chimneies, where the aire thereof may correct the extream coldness of the plaister, which, of all things that are bred in the earth, is the coldest

coldeſt thing that may be, and yet moſt dry, and not apt to ſweat or take moiſture, but by ſome violent extremity; neither will any worm or vermine come near it, becauſe the great coldneſs thereof is a mortal enemy to their natures; and ſo the ſafeſt and longeſt, theſe Garners of plaiſters, keep all Kind of Grain and Pulſe in the beſt perfection.

The making of Ceſterns.

After theſe Garners, Hutches, or large Keeps for Corn are perfected and made, and fitly adjoyned to the Kiln, the next thing that our Maltſter hath to look unto, is the framing of the Fats or Ceſterns wherein the Corn is to be ſteeped: and they are of two ſorts, that is, either of Cooper's work, being great Fats of wood, of elſe of Maſons work, being Ceſterns made of ſtone, but the Ceſtern of ſtone is much the better: for beſides, that theſe great Fats of Wood are very chargeable and coſtly (as a Fat to contain four quarters of Grain, which is but two and thirty buſhels, cannot be afforded under twenty ſhillings) ſo likewiſe they are very caſual and apt to miſchance and ſpilling; for, and beſides their ordinary wearing, if in the heat of Summer, they be never ſo little neglected without water, and ſuffered to be over-dry, it is ten to one but in the Winter they will be ready to fall in pieces, and if they be kept moiſt, yet if the water be not oft ſhifted and preſerved ſweet, the Fat will ſoon taint, and being once grown faulty, it is not only irrecoverable, but alſo whatſoever commeth to be ſteeped in it after, will beſure to have the ſame ſavour; beſides the wearing and breaking of Garths, and Plugs, the binding, cleanſing, and ſweetning, and a whole World of other troubles and charges doth ſo daily attend them, that the benefit is a great deal ſhort of the incumbrance; whereas the ſtone Ceſtern is ever ready and uſeful, without any vexation at all; and being once well and ſufficiently made, will not need trouble or reparation, (more than ordinary waſhing) ſcarce in an hundred years.

Now, the beſt way of making theſe Malt Ceſterns, is to make the bottom and ſides of good tyle-ſhreads fixed together with the beſt Lime and Sand, and the bottom ſhall be raiſed at leaſt a foot and an half higher than the ground, and at one corner in the bottom, a fine artificial round hole muſt

be

be made, which being outwardly ſtopt, the Maltſter may through it drain the Ceſtern dry when ſhe pleaſeth, and the bottom muſt be ſo artificially leveld and contrived, that the water may have a true deſcent to that hole, and not any remain behind when it is opened.

Now when the model is thus made of tile-ſhard, which you may do great or little at your pleaſure: then with Lime, Hair, and Beaſts-blood mixed together, you ſhall cover the bottom at leaſt two inches thick, laying it level and plain, as is before ſhewed: which done, you ſhall alſo cover all the ſides and topp, both within and without, with the ſame matter, at leaſt a good fingers thickneſs, and the main wall of the whole Ceſtern ſhall be a foot in thickneſs, as well for ſtrength and durableneſs, as other private reaſons for the holding the grain and water, whoſe poyſe and weight might otherwiſe endanger a weaker ſubſtance. And thus much concerning the Malthouſe, and thoſe ſeveral accommodations which do belong unto the ſame.

The manner how to make Malt.

I will now ſpeak a little in general as touching the Art, skil, and knowledge of Malt making, which I have referred to the concluſion of this Chapter, becauſe whoſoever is ignorant in any of the things before ſpoken of, cannot by any means ever attain to the perfection of the moſt true, and moſt thrifty Malt-making. To begin then with the Art of making, or (as ſome tearm it) melting of Malt, you ſhall firſt (having proportioned the quantity you mean to ſteep, which ſhould ever be anſwerable to the continent of your Ceſtern, and your Ceſtern to your floors) let it either run down from your upper Garner into the Ceſtern, or otherwiſe be carried into your Ceſtern, as you ſhall pleaſe, or your occaſions deſire; and this Barley would by all means be very clean and neatly dreſt; then when your Ceſtern is filled, you ſhall from your Pump or Well convey the water into the Ceſtern till all the Corn be drencht, and that the water float above it; If there be any Corn that will not ſink, you ſhall with your hand ſtir it about, and wet it, and ſo let it reſt and cover the Ceſtern; and thus for the ſpace of three nights, you ſhall let the Corn ſteeped in the water. After the three

nights expired, the next morning you shall come to the Cestern and pluck out the plug or bung-stick which stoppeth the hole in the bottom of the Cestern, and so drain the water clean from the Corn, and this water you shall by all means save, for much light Corn and others will come forth with this drain water, which is very good Swines meat, and may not be lost by any good House-wife. Then having drained it, you shall let the Cestern drop all that day, and in the evening with your shovel you shall empty the Corn from the Cestern unto the Malt-floor, and when all is out, and the Cestern cleansed, you shall lay all the wet Corn on a great heap, round or long, and flat on the Top, and the thickness of this heap shall be answerable to the season of the year; for if the weather be extream cold, then the heap shall be made very thick, as three or four foot, or more, acccording to the quantity of the grain: but if the weather be temperate and warm, then shall the heap be made thinner, as two foot, a foot and a half, or one foot, according to the quantity of the Grain. And this heap is called of Maltsters a Couch or bed of raw Malt.

In this Couch, you shall let the Corn lye three nights more without stirring, and after the expiration of the three nights, you shall look upon it, and if you find that it beginneth but to sprout, (which is called coming of Malt) though it be never so little, as but the very white end of the sprout peeping out, (so it be in the outward part of the heap or couch) you shall then break open the conch, and in the middest where the Corn lay neerest, you shall find the sprout or Corn of a greater largeness: then with your shovel you shall turn all the outward part of the couch inward, and the inward outward, and make it at the least three or four times as big as it was at the first, and so let it be all that day and night, and the next day you shall with your shovel turn the whole heap over again, increasing the largness, and making it of one indifferent thickness over all the floor, that is to say, not above a handful thick at the most, not failing after for the space of fourteen dayes, which doth make up full in all three weeks, to turn it all over twice or thrice a day, according to the season of the weather, for if it be warm, the Malt must be

turned

turned oftner; if cool, then it may lye looſer, thicker, and longer together; and when the three weeks is fully accompliſht, then you ſhall (having bedded your Kiln, and ſpread a clean hair cloth thereon) lay the malt as thin as may be, (as about three fingers thickneſs) upon the hair cloth, and ſo dry it with a gentle and ſoft fire, ever and anon turning the Malt (as it dryeth on the Kiln) over and over with your hand, till you find it ſufficiently well dryed, which you ſhall know both by the taſte, when you bite it in your mouth, and alſo by the falling off of the Come or ſprout, when it is throughly dryed. Now as ſoon as you ſee the Come begin to ſhed, you ſhall, in the turning of the Malt, rubb it well between your hand, and ſcowre it, to make the Come fall away, then finding it all ſufficiently dryed, firſt put out your fire; then let the Malt cool upon the Kiln for four or five hours, and after raiſing up the four corners of the hair cloth, and gathering the Malt together on a heap, empty it with the Come and all into your Garners, and there let it lye (if you have not preſent occaſion to uſe it) for a moneth or two or three to ripen, but no longer, for as the Come or duſt of the Kiln, for ſuch a ſpace mellowеth and ripeneth the Malt, making it better both for ſale and expence, ſo to lye too long in it doth ingender Weevel, Worms, and Vermine, which do deſtroy the grain.

The drying of Malt.

Now, for the dreſſing and cleanſing of Malt at ſuch times as it is either to be ſpent in the houſe, or ſold in the Market; you ſhall firſt winnow it with a good wind, either from the Air, or from the Fan; and before the winnowing, you ſhall rub it exceeding well between your hands, to get the Come or Sprouting clean away: for the beauty and goodneſs of malt is when it is moſt ſmug, clean, bright, and likeſt to Barley in the view, for then there is leaſt waſte, and greateſt profit: for Come and duſt drinketh up the Liquor, and gives an ill taſte to the drink. After it is well rubb'd and winnowed, you ſhall then ree it over in a fine Sive, and if any of the malt be uncleanſed, then rub it again into the Sive till it be pure, and the rubbings will ariſe on the top of the Sive, which you may caſt off at pleaſure; and both thoſe rubbings from the Sive,

and the Chaff, and Duſt which cometh from the winnowings ſhould be ſafe kept; for they are very good Swines meat, and feed well, mixt either with Whey or Swillings: And thus after the malt is ree'd, you ſhall either ſack it up for eſpecial uſe, or put it into a well cleanſed Garner, where it may lye till there be occaſion for expence.

Now, there be certain Obſervations in the making of Malt, which I may by no means omit: for though divers opinions do diverſly argue them, yet, as near as I can, I will reconcile them to that truth, which is moſt conſonant to reaſon, and the rule of honeſty and equality.

Firſt, there is a difference in mens opinions, as touching the conſtant time for the mellowing and making of the Malt; that is, from the firſt ſteeping untill the time of drying: for ſome will allow both Fat and Floor hardly a fortnight, ſome a fortnight, and two or three dayes, and do give this reaſon.

Firſt, they ſay, it makes the Corn look whiter and brighter, and doth not get ſo much the ſulling and foulneſs of the floor, as that which lyeth three weeks, which makes it a a great deal more beautifull, and ſo more ſaleable. Next, it doth not come, or ſhoot out ſo much ſprout, as that which lyeth a longer time, and ſo preſerveth more heart in the grain, makes it bol'd and fuller, and ſo conſequently more full of ſubſtance, and able to make more of a little, than the other of much more.

Theſe reaſons are good in ſhew, but not in ſubſtantial truth: for (although I confeſs that Corn which lyeth leaſt time on the floor, muſt be the whiteſt and brighteſt.) yet that which wanteth any of the due time, can neither ripen, mellow, nor come to true perfection, and leſs than three weeks cannot ripen Barley: for look what time it hath to ſwell and ſprout, it muſt have full that time to flouriſh, and as much time to decay, now in leſs than a week it cannot do the firſt; and ſo in a week the ſecond, and in another week the third; ſo that in leſs than three weeks a man cannot make perfect Malt. Again, I confeſs, that malt which hath the leaſt Come, muſt have the greateſt Kernel, and ſo be moſt ſubſtantial; yet the Malt which

verhich putteth not out his full ſprout, but hath that moiſture (with too much haſte) driven in which ſhould be expelled, can never be Malt of any long laſting, or profitable for indurance, becauſe it hath ſo much moiſt ſubſtance as doth make it both apt to corrupt and breed worms, in moſt great abundance. It is moſt true, that this haſty made Malt is faireſt to the eye, and will ſooneſt be vented in the market; and being ſpent as ſoon as it is bought, little or no loſs is to be perceived; yet if it be kept three or four months, or longer (unleſs the place where it is kept, be like a hot-houſe) it will be ſo dank and give again, that it will be little better than raw Malt, and ſo good for no ſervice without a ſecond drying.

Beſides, Malt that is not ſuffered to ſprout to the full kindly, but is ſtopt as ſoon as it begins to peep, much of that Malt cannot come at all; for the moiſteſt grains do ſprout firſt, and the hardeſt are longer in breaking the husk; now, if you ſtop the grain on the firſt ſprouts, and not give all leiſure to come one after another, you ſhall have half Malt and half Barley, and that is good for nothing but Hens and Hoggs trough. So that to conclude, leſs than three weeks you cannot have to make good and perfect Malt.

Next, there is a difference in the turning of the Malt, for ſome (and thoſe be the moſt Men-maltſters whatſoever) turn all their Malt with the ſhovel, and ſay it is more eaſie, more ſpeedy, and diſpatcheth more in an hour, than any other way doth in three; and it is very true, yet it ſcattereth much behind unturn'd, and commonly that which was undermoſt it leaveth undermoſt ſtill, and ſo by ſome coming too much, and others not coming at all, the Malt is oft much imperfect, and the old ſaying made good, *that too much haſte maketh waſte.* Now, there are others (and they are for the moſt part Women Maltſters) which turn all with the hand, and that is the beſt, ſafeſt, and moſt certain way; for there is not a grain which the hand doth not remove, and turn over and over, and layes every ſeveral heap or row of ſuch an even and juſt thickneſs, and the Malt both equally commeth, and eaqually ſeaſoneth together, without defect or alteration; and though he that

hath much Malt to make, will be willing to hearken to the beſt courſe in making; yet he that will make the beſt Malt, muſt take ſuch convenient leiſure, and imploy that labour which cometh neareſt to perfection.

Then there is another eſpecial care to be had in the comming or ſprouting of Malt, which is, that as it muſt not come too little, ſo it muſt not by any means come too much, for that is the groſſeſt abuſe that may be; and that which we call comed or ſprouted too much, is, when either by negligence, for want of looking to the couch, and not opening of it; or for want of turning when the Malt is ſpread on the floor, it comes or ſprouts at both ends, which husbands call *Aker ſpierd*: ſuch corn, by reaſon the whole heart or ſubſtance is driven out of it, can be good for no purpoſe but the Swine trough; and therefore you muſt have an eſpecial care both to the well tending of the couch, and the turning the Malt on the floor, and be ſure (as near as you can) by the ordering of the Couch, and heaping the hardeſt grain inward and warmeſt, to make it all come very indifferently together. Now, if it ſo fall out, that you buy your Barley, and happen to light on mixt grain, ſome being old Corn, ſome new Corn, ſome of the heart of the ſtack, and ſome of the ſtaddle, which is an ordinary deceit with Husbandmen in the Market, then you may be well aſſured, that this grain can never come nor ſprout equally together, for the new Corn will ſprout before the old, and the ſtaddle before that in the heart of the ſtack, by reaſon the one exceedeth the other in moiſtneſs: Therefore in this caſe you ſhall mark well which commeth firſt, which will be ſtill in the heart of the Couch, and with your hand gather it by it ſelf into a ſeparate place, and then heap the other together again: and thus as it commeth and ſprouteth, ſo gather it from the heap with your hand, and ſpread it on the floor, and keep the other ſtill in a thick heap till all be ſprouted. Now laſtly obſerve, that if your Malt be hard to ſprout or come, and that the fault conſiſt more in the bitter coldneſs of the ſeaſon, than any defect of the Corn, that then (beſides the thick or cloſe making of the heap or couch) you fail not to cover it over with ſome thick woollen cloths, as coorſe Coverlids,

verlids, or such like stuff, the warmth whereof will make it come presently; which once perceived, then forthwith uncloath it, and order it as aforesaid in all points. And thus much for the Art, Order, Skill, and Cunning, belonging to Malt making.

Of Oat-meal.

Now, as touching the making of Oats into Malt, which is a thing of general use, in many parts of this Kingdome where Barley is scarce, as in *Cheshire*, *Lancashire*, much of *Darbishire*, *Devonshire*, *Cornwall*, and the like, the Art and Skill is all one with that of Barley, nor is there any variation or change of work, but one and the same order still to be observed; only by reason that Oats are more swift in sprouting, and apt to clutter, ball, and hang together by the length of the sprout, than Barley is, therefore you must not fail but turn them oftner than Barley, and in the turning be careful to turn all and not leave any unmoved. Lastly, they will need less of the floor than Barley will; for in a fortnight, or a fortnight and two or three dayes, you may make very good and perfect Oat-malt. But because I have a great deal more to speak particularly of Oats in the next Chapter, I will here conclude this, and advise every skilful Housewife to joyn with mine observations, her own tryed experience, and no doubt but she shall find both profit and satisfaction.

CHAP. VI.

Of the excellency of Oats, and the many singular vertues and use of them in a Family.

OAts, although they are of all manner of grain the cheapest because of their generality, being a grain of that goodness and hardness, that it will grow in any soil whatsoever, be it never so rich, or never so poor, as if nature had made it the onely loving companion and true friend to mankind; yet it is a grain of that singularity for the multiplicity of vertues, and necessary uses for the sustenance and support of the Family, that not any other grain is to be compared with it; for if any other have equal vertue, yet it hath not equal value, and if not equal value,

then it wants many degrees of equal vertue; so that joyning vertue and value together, no *Husband*, *House-wife* or *House-keeper* whatsoever, hath so true and worthy a friend, as his Oats are.

The vertue of Oats to Cattel.

To speak then first of the vertues of Oats, as they accrew to Cattel and Creatures without doors; and first to begin with the Horse, there is not any food whatsoever that is so good, wholesome and agreeable with the nature of a Horse as Oats are, being a provender in which he taketh much delight, that with it he feedeth, travelleth, and doth any violent labour whatsoever with more courage and comfort, than with any other food that can be invented, as all men know that have either use of it, or Horses: neither doth the Horse ever take surfeit of Oats (if they be sweet and dry) for all be, he may well be glutted, or stalled upon them with indiscreet feeding, and so refuse them for a little time, yet he never surfeiteth, or any present sickness will follow after: whereas no other grain but gluts a Horse therewith, and instantly sickness will follow, which shewes surfeit; and the danger is oft incurable: for we read in *Italy*, at the siege of *Naples*, of many hundred Horses that dyed on the surfeit of wheat; at *Rome* also dyed many hundred Horses of the plague, which by due proof was found to proceed from a surfeit taken of peason, and fitches; and so I could run over all other grains, but it is needless, and far from the purpose I have to handle; suffice it, Oats for Horses are the best of all foods whatsoever, whether they be but only clean threasht from the Straw and so dryed, or converted to Oat-meal, and so ground and made into bread. Oats boyl'd, and given a Horse whilst they are cool, and sweet, are an excellent food for any Horse in the time of disease, poverty or sickness; for they scour and fat exceedingly.

In the same nature that Oats are for Horses, so are they for the Ass, Mule, Camel, or any other beast of burthen.

If you will feed either Ox, Bull, Cow, or any Neat whatsoever to an extraordinary height of fatness, there is no food doth it so soon as Oats do, whether you give them in the straw, or clean threasht from the sheaf, and well winnowed; but the winnowed Oats is the best; for by them I have seen an Ox, fed to twenty pounds, twenty four pounds, and thirty pounds, which is a most unreasonable reckoning for any beast; only seam, and the tallow hath been precious.

Sheep

Sheep or Goats may likewise be fed with Oats, to as great price and profit as with Peaſe, and Swine are fed with Oats either in raw Milt or otherwiſe, to as great thickneſs as with any grain whatſoever, only they muſt have a few Peaſe after the Oats to harden the fat, or elſe it will waſte, and conſume in boyling. Now for holding Swine, which are only to be preſerved in good fleſh, nothing is better than a thin mange made of ground Oats, Whey, Butter-milk, or other ordinary waſh or ſwillings, which either the Dairy or Kitchin affordeth; nor is there any more ſoveraign or excellent meat for ſwine in the time of ſickneſs, then a mange made of ground Oats and ſweet Whey, warmed luke-warm on the fire, and mixt with the powder of Ruddle, or Red-Oaker. Nay if you will go to the matter of pleaſure, there is not any meat ſo excellent for the feeding, and wholſom keeping, of a kennel of Hounds, as the Mange made of ground Oats and ſcalding water, or of beef broth, or any other broth, in which fleſh hath been ſodden; if it be for the feeding, ſtrengthning and comforting of Grey-hounds, Spaniels, or any other ſorts of tenderer Doggs, there is no meat better than ſheeps-heads, hair and all, or other intralls of Sheep chopt and well ſodden with good ſtore of oat-meal.

Now for all manner of Poultrey, as Cocks, Capons, Hens, Chickens of great ſize, Turkeys, Geeſe, Ducks, Swans, and ſuch like, there is no food feedeth them better than Oats, and if it be the young breed of any of thoſe kinds, even from the firſt hatching or diſcloſing, till they be able to ſhift for themſelves; there is no food better whatſoever than Oat-meal Groats, or fine Oat-meal, either ſimple of it ſelf, or elſe mixt with milk, drink or elſe new made Urine.

Thus much touching the vertues and quality of Oats or Oat-meal; as they are ſerviceable for the uſe of Cattel and Poultry. Now for the moſt neceſſary uſe thereof for man, and the general ſupport of the Family, there is no grain in our knowledge anſwerable unto it. Vertue of Oats for man.

Firſt, for the ſimple Oat it ſelf (except ſome particular Phyſick helps, as frying them with ſweet butter, & putting them in a bag, & very hot applyed to the belly, or ſtomach, to avoid collick or windineſs & ſuch experiments) the moſt ſpecial uſe which is made of them

is

is for Malt to make Beer or Ale of, which it doth exceeding well: and maintaineth many Towns and Countries; but the Oat meal which is drawn from them, being the heart and kernel of the Oat, is a thing of much rarer price and eſtimation: for to ſpeak truth, it is, like Salt, of ſuch a general uſe, that without it hardly can any Family be maintained: therefore I think it not much amiſs to ſpeak a word or two, touching the making of Oat-meal. You ſhall underſtand then,

Making of Oat-meal.

that to make good and perfect Oat-meal, you ſhall firſt dry your Oats exceeding well; & then put them on the Mil, which way either be water mil, wind mil, or horſe-mill (but the Horſe-mill is beſt) & no more but cruſh or hull them; that is, to carry the ſtones ſo large that they may no more but cruſh the husk from the Kernel: then you ſhall winnow the huls from the Kernels either with the wind, or Fan, and finding them of an indifferent cleanneſs (for it is impoſſible to hull them all clean at the firſt) you ſhall then put them on again, and making the Mill go a little cloſer, run them through the Mill again, and then winnow them over again, and ſuch Greets or Kernels as are clean hul'd, and well cut, you may lay by, and the reſt you ſhall run through the Mill again the third time, and ſo winnow them again, in which time all will be perfect, and the Greets or full Kernels will ſeparate from the ſmaller Oat-meal; for you ſhall underſtand, that at this firſt making of Oat-meal, you ſhall ever have two ſorts of Oat-meals, that is, the full whole Greet or Kernel, and the ſmall duſt Oat-meal: As for the coorſe Hulls or Chaff that cometh from them, that alſo is worthy ſaving; for it is an excellent good Horſe provender for any plow or labouring Horſes, being mixt with either beans, peaſe, or any other pulſe whatſoever.

The vertues of Oat meal.

Now for the uſe and vertues of theſe ſeveral kinds of Oat-meals in maintaining the family, they are ſo many (according to the many cuſtoms of many Nations) that it is almoſt impoſſible to reckon all; yet (as near as I can) I will impart my knowledge, and what I have tane from relation.

Firſt, for the ſmall duſt, or meal Oat-meal, it is that with which all pottage is made and thickned, whether they be meat-pottage, Milk pottage, or any thick, or elſe thin Grewel whatſoever; of whoſe goodneſs and wholſomneſs it is needleſs to ſpeak, in that it is frequent with every experience: Alſo, with this ſmall

meal

meal Oat-meal, is made in divers Countries six several kinds of very good and wholsom bread, every one finer than another, as your Anacks, Fanacks, and such like. Also there is made of it, both thick and thin Oaten-cakes, which are very pleasant in taste, and much esteemed: but if it be be mixed with fine wheat-meal, then it maketh a most delicate and dainty Oat-cake, either thick or thin, such as no Prince in the world but may have them served to his Table: Also this small Oat-meal mixed with blood, and the Liver of either Sheep, Calfe, or Swine, maketh that pudding which is called the Haggas or Haggus, of whose goodness it is in vain to boast, becaus there is hardly to be found a man that doth not affect them. And lastly, from this small Oat-meal, by oft steeping it in water and cleansing it, and then boyling it to a thick and stiff Jelly, is made that excellent dish of meat which is so esteemed of in the west parts of this Kingdome, which they call Wash-brew, and in *Cheshire*, and *Lancashire* they call it Flamery, or Flumery, the wholsomness and rare goodness, nay, the very Physick helps thereof, being such and so many, that I my self have heard a very reverend and worthily renowned Physician speak more in the commendations of that meat, than of any other food whatsoever: and certain it is, that you shall not hear of any that ever did surfeit of this Wash-brew or Flamery; and yet I have seen them of very dainty and sickly stomach's which have eaten great quantities thereof beyond the proportion of ordinary meats. Now for the manner of eating this meat, it is of divers diversly used; for some eat it with Honey, which is reputed the best sauce; some with Wine, either Sack, Claret, or White; some with strong Beer, or strong Ale, and some with Milk, as your ability, or the accommodations of the place will administer.

Now there is derived from this Wash-brew another coorser meat, which is as it were the dreggs, or grosser substance of the Wash-brey, which is called Gird-brew, which is a well filling and sufficient meat, fit for servants and men of labour; of the commendation whereof, I will not much stand, in that is a meat of harder digestion, and fit indeed but for strong able stomachs, and such whose toyl and much sweat boyl liberally

liberally spendeth evil humours, and also preserveth men from the offence of fullness and surfeits.

Now, for the bigger kind of Oat-meal, which is called Greets, or Corn Oat-meal, it is of no less use than the former, nor are there fewer meats compounded thereof: for first, of these Greets are made all sorts of puddings, or pots (as the West Countrey tearms them) whether they be black, as those which are made of the Blood of Beasts, Swine, Sheep, Geese, Red or Fallow-Deer, or the like, mixt with whole Greets, Suet, and wholsome herbs; or else white, as when the Greets are mixt with good Cream, Eggs, Bread-crumms, Suet, Currants, and other wholsome Spices. Also of these Greets is made the good Friday pudding, which is mixt with Eggs, Milk, Suet, Penny-royal; and boyled first in a linnen bag, and then stript and buttered with sweet butter. Again, if you roast a Goose, and stop her belly with whole Greets beaten together with Eggs, and after mixt with the Gravy, there cannot be a better or pleasanter sawce: Nay, if a man be at Sea in any long Travel, he cannot eat a more wholsome and pleasant meat than those whole Greets boiled in water till they burst, and then mixt with butter, and so eaten with spoons, which although Sea-men call it simply by the name of Loblolly, yet there is not any meat, how magnificent soever the name be, that is more toothsome or wholsome. And to conclude, there is no way or purpose whatsoever to which a man can use or imploy Rice, but with the same seasoning and order you may imploy the whole Greets of Oat-meal, and have full as good and wholsome meat, and as well tasted: so that I may well knit up this Chapter with the approbation of Oat-meal, that the little charge and great benefit considered, it is the very Crown of the Housewifes Garland, and doth more grace her Table and her Knowledge, than all grains whatsoever; neither indeed can any Family or Houshold be well and thriftily maintained, where this is either scant or wanting. And thus much touching the nature, worth, vertues, and great necessity of Oats, and Oat-meal.

CHAP.

CHAP. VIII.

Of the office of the Brew-house, and the Bake-house, and the necessary things belonging to the same.

WHen our English House-wife knows how to preserve health by wholsome Physick, to nourish by good meat, and to cloath the body with warm garments, she must not then by any means be ignorant in the provision of bread and drink, she must know both the proportions and compositions of the same. And for as much as drink is in every house more generally spent than bread, being indeed (but how well I know not) made the very substance of all entertainment; I will first begin with it, and therefore you shall know that generally our Kingdome hath but two kinds of drinks, that is to say Beer and Ale, but particularly four, as Beer, Ale, Perry, and Cider; and to these we may add two more Meed, and Metheglin, two compound drinks of Hony and Herbs, which in the places where they are made, as in *Wales*, and the Marches, are reckoned for exceeding wholsome and cordial. Diversities of Drink.

To speak then of Beer, although there be divers kinds of tasts and strength thereof, according to the allowance of Malt, hopps and age given unto the same; yet indeed there can be truly said to be but two kinds thereof, namely Ordinary beer, and March beer, all other beers being derived from them. Strong beer.

Touching Ordinary beer, which is that, wherewith either Nobleman, Gentleman, Yeoman, or Husbandman, shall maintain his Family the whole year, it is meet first that our English House-wife respect the proportion or allowance of Malt due to the same, which amongst the best Husbands is thought most convenient; and it is held, that to draw from one quarter of good malt three hogsheads of beer, is the best ordinary proportion that can be allowed, and having age and good Cask to lye in, it will be strong enough for any good mans drinking. Of ordinary beer.

Now for the brewing of ordinary beer, your malt being well Of brewing ordinary beer.

well ground, and put in your mash-fat, and your Liquor in your lead ready to boyl, you shall then by little and little with scoops or pailes put the boyling Liquor to the malt, and then stir it even to the bottom exceedingly well together, which is called the mashing of the malt; then the Liquor swimming in the Top, cover all over with more malt, and so let it stand an hour and more in the mash-fat, during which space you may, if you please, heat more Liquor in your lead for your second or small drink, this done, pluck up your mashing stroam, and let the first Liquor run gently from the malt, either in a clean trough, or other vessels prepared for the purpose, and then stopping the mash-fat again, put the second Liquor to the malt, and stir it well together; then your Lead being emptied, put your first Liquor or worr therein, and then to every quarter of Malt, put a pound and a half of the best Hops you can get, and boyl them an hour together, till taking up a dish full thereof, you see the Hops shrink into the bottom of the dish; this done, put the wort thorow a straight Sive, which may drain the Hops from it into your cooler, which standing over the Guile-fat, you shall, in the bottom thereof, set a great bowl with your barm, and some of the first wort (before the Hops come into it mixt together) that it may rise therein, and then let your wort drop or run gently into the dish with the barm which stands in the Guile-fat, and this you shall do the first day of your brewing, letting your cooler drop all the night following, and some part of the next morning, and as it drops if you find that a black skum or mother riseth upon the barm, you shall with your hand take it off, and cast it away; then nothing being left in the cooler, and the Bear well risen, with your hand stir it about, and so let it stand an hour after, and then beating it and the barm exceeding well together, tun it up into the Hogsheads, being clean wash'd and scalded, and so let it purge; and herein you shall observe not to Tun your vessels too full, for fear thereby it purge too much of the barm away: when it hath purged a day and a night, you shall close up the bung-holes with Clay, and only for a day or two after, keep a vent-hole in it, and after close it up as fast as may be. Now, for your second or small

drink

drink which are left upon the grain, you ſhall ſuffer it there to ſtay but an hour, or a little better, and then drain it all off alſo; which done, put it into the Lead with the former Hops, and boyl the other alſo, then clear it up from the Hops and cover it very cloſe, till your firſt Beer be Tunned, and then, as before, put it alſo to barm, and ſo tun it up alſo in ſmaller veſſels, and of this ſecond Beer you ſhall not draw above one Hogſhead to three of the better. Now there be divers other wayes and Obſervations, for the brewing of ordinary Beer; but none ſo good, ſo eaſie, ſo ready and quickly performed, as this before ſhewed; neither will any beer laſt longer, or ripen ſooner, for it may be drunk at a fortnight's age, and will laſt as long and lively.

Of brewing the beſt march beer.

Now for the brewing of the beſt March-Beer; you ſhall allow to a Hogſhead thereof, a quarter of the beſt Malt well ground; then you ſhall take a Peck of Peaſe, half a peck of Wheat, and half a peck of Oats, and grind them all very well together, and then mix them with your Malt; which done, you ſhall in all points brew this Beer, as you did the former ordinary Beer, only you ſhall allow a pound and a half of Hops to this one Hogſhead: and whereas before you drew but two ſorts of beer, ſo now you ſhall draw three; that is, a Hogſhead of the beſt, and a Hogſhead of the ſecond, and half a Hogſhead of ſmall beer, without any augmentation of Hops or Malt.

This March Bear would be brewed in the month of *March*, or *April*, and ſhould (if it have right) have a whole year to ripen in: it will laſt two, three, or four years, if it lie cool; and endure the drawing to the laſt drop, though with never ſo much leiſure.

Now for the brewing of ſtrong Ale, becauſe it is drink of no ſuch long laſting as beer is, therefore you ſhall brew leſs quantity at a time thereof, as two buſhels of Northern meaſure (which is four buſhels, or half a quarter in the South) at a brewing and not above, which will make fourteen gallons of the beſt Ale. Now for the maſhing and ordering of it in the maſh-fat, it will not differ any thing from that of

beer

beer: as for Hops, although ſome uſe not to put in any, yet the beſt Brewers thereof will allow to fourteen gallons of Ale a good eſpen full of Hops and no more, yet before you put in your Hops, as ſoon as you take it from the Grains, you ſhall put it into a veſſel, and change it, or blink it, in this manner: put into the wort a handfull of Oak-boughs, and a pewter-diſh, and let them lye therein till the wort look a little paler than it did at the firſt, and then preſently take out the diſh and the leaves, and then boyl it a full hour with the hops, as aforeſaid, and then cleanſe it, and ſet it in veſſels to cool; when it is milk-warm having ſet your barm to riſe with ſome ſweet wort, then put all into the guile-fat, and as ſoon as it riſeth, with a diſh or bowl beat it in, and ſo keep it with continual beating a day and a night at leaſt, and after tun it. From this Ale you may alſo draw half ſo much very good middle Ale, and a third part very good ſmall Ale.

Brewing of bottle Ale

Touching the brewing of Bottle-Ale, it differeth nothing at all from Brewing of ſtrong Ale, only it muſt be drawn in a larger proportion, as at leaſt twenty gallons of half a quarter; and when it comes to be changed, you ſhall blink it (as was before ſhewed) more by much than was the ſtrong Ale, for it muſt be pretty and ſharp, which giveth the life and quickneſs to the Ale: and when you tun it, you ſhall put it into round bottles with narrow mouths, and then ſtopping them cloſe with cork, ſet them in a cold Cellar up to the waſte in ſand, and beſure that the corks be faſt tied in with ſtrong pack-thread, for fear of riſing out, or taking vent, which is the utter ſpoil of the Ale.

Now for the ſmall drink ariſing from the bottle-Ale, or any other Beer or Ale whatſoever, if you keep it after it is blink'd and boyled in a cloſe veſſel, and then put it to barm every morning as you have occaſion to uſe it, the drink will drink a great deal the freſher, and be much more lively in taſte.

Of making Perry or Cider

As for the making of Perry and Cider, which are drink much uſed in the Weſt parts, and other Countries well ſtored with fruit in this Kingdome; you ſhall know that your

your Perry is made of Pears only, and your Cider of Apples; and for the manner of making thereof, it is done after one fashion, that is to say: After your Pears and Apples are well pick'd from the stalks, rottenness, and all manner of other filth, you shall put them through the Press-mill, which is made with a Mil-stone running round in a Circle, under which you shall crush your Pears or Apples, and then straining them through a bag of hair-cloth, tun up the same, (after it hath been a little setled) into Hogsheads, Barrels, and other close vessels.

Now after you have prest all, you shall save that which is within the hair-cloth bag, and putting it into severall vessels, put a pretty quantity of Water thereunto, and after it hath stood a day or two, and hath been well stirred together, press it also over again, for this will make a small Perry or Cider, and must be spent first. Now of your best Cider, that which you make of your Summer or sweet fruit, you shall call Summer or sweet Cider, or Perry, and that you shall spend first also; and that which you make of the Winter, and hard fruit, you shall call Winter, and sowre Cider, or Perry, and that you may spend last, for it will endure the longest.

Thus after our English House-wife is experienc'd in the brewing of these several drinks, she shall then look into her Bake-house, and to the making of all sorts of bread, either for masters, servants, or hinds, and to the ordering and compounding of the meal for each several use. Of Baking.

To speak then first for meals of bread, they are either simple or compound; simple, as Wheat, and Rye, or compound as Rye and Wheat mixt together, or Rye, Wheat, and Barley mixt together; and of these the oldest meal is ever the best, and yieldeth most, so it be sweet, and untainted; for the preservation whereof, it is meet that your cleanse your meal well from the bran, and then keep it in sweet vessels. Ordering of Meal.

Now for the baking bread of your simple meals, your best and principal bread is Manchet, which you shall bake in Baking Manchets.

this manner: Firſt, your meal being ground upon the black ſtones, if it be poſſible, which makes the whiteſt flower, and boulted through the fineſt boulting cloth, you ſhall put it into a clean Kimnel, and opening the flower hollow in the midſt, put into it of the beſt Ale-barm, the quantity of three pints to a buſhel of Meal, and ſome ſalt to ſeaſon it with; then put in your Liquor reaſonable warm, and Knead it very well together with both your hands, and through the brake, or for want thereof, fold it in a cloth, and with your feet tread it a good ſpace together, then letting it lye an hour or thereabouts to ſwel, take it forth and mould it into Manchets round and flat, ſcotch them about the waſte to give it leave to riſe, and prick it with your knife in the Top, and ſo put it into the Oven, and bake it with a gentle heat.

To bake the beſt cheat bread, which is alſo ſimple of Wheat only, you ſhall, after your meal is dreſt and boulted through a more coorſe boulter than was uſed for your Manchets, and put alſo into a clean Tub, Trough, or Kimnel, take a ſowre Leaven, that is, a piece of ſuch like Leaven ſaved from a former batch, and well filled with ſalt; and ſo laid up to ſowre; and this ſowre Leaven you ſhall break into ſmall pieces into warm water, and then ſtrain it, which done, make a deep hollow hole, as was before ſaid, in the midſt of your flower, and therein pour your ſtrained Liquor; then with your hand mix ſome part of the flower therewith, till the Liquor be as thick as a Pancake batter, then cover it all over with meal, and ſo let it lye all that night, the next morning ſtir it, and all the reſt of the Meal well together, and with a little more warm water, barm, and ſalt to ſeaſon it with, bring it to a perfect Leaven, ſtiff and firm; then knead it, break it, and tread it, as was before ſaid in the Manchets, and ſo mould it up in reaſonable big Loaves, and then bake it with an indifferent good heat: and thus according to theſe two examples before ſhewed, you may bake any Leavened or unleavened bread whatſoever, whether it be ſimple Corn, as Wheat or Rye of it ſelf; or compound Grain, as Wheat and Rye, or Wheat and Barley,

Barley, or Rye and Barley, or any other mixt white Corn, only becauſe Rye is a little ſtronger Grain than Wheat, it ſhall be good for you, to put your water a little hotter than you did to your Wheat.

For your brown bread, or bread for your hinde-ſervants, which is the coorſeſt bread for man's uſe, you ſhall take of Barley two buſhels, of Peaſe two pecks, of Wheat or Rye a peck, a peck of Malt: theſe you ſhall grind all together, and dreſs it through a Meal-Sive, then putting it into a ſowre trough, ſet Liquor on the fire, and when it boyls, let one put in the water, and another with a maſh rudder ſtir ſome of the flower with it, after it hath been ſeaſoned with Salt, and ſo let it be till the next day, and then putting to the reſt of the flower, work it up into ſtiff Leaven, then mould it, and bake it into great Loaves, with a very ſtrong heat; now if your trough be not ſowre enough to ſowre your Leaven, then you ſhall either let it be longer in the trough, or elſe take the help of a ſowre Leaven with your boyling water; for you muſt underſtand, that the hotter your Liquor is, the leſs will the ſmell or rankneſs of the Peaſe be perceived. And thus much for the baking of any kind of bread, which our engliſh Houſe-wife ſhall have occaſion to uſe for the maintenance of her family.

As for the general Obſervarion to be reſpected in the Brew-houſe, or Bake-houſe, they be theſe: Firſt, that your Brew-houſe be ſeated in ſo convenient a part of the houſe, that the ſmoke may not annoy your other more private Rooms; then, that your furnace be made cloſe and hollow for ſaving fewel, and with a vent for the paſſage of ſmoke, leſt it taint your Liquor; then that you preferr a Copper before a Lead; next, that your Maſh-fat be ever neareſt to your Lead, your Cooler, and adjoyning to them all, ſeveral clean tubs to your cooler nearer your Maſh-fat, and your Guil-fat under receive your Worts and Liquors: then in your Bake-houſe, you ſhall have a fair boulting-houſe, with large pipes to boult Meal in, fair troughs to lay Leaven in, and ſweet ſafes to receive your bran; you ſhall have Boulters, Searſes, Ranges, and Meal-ſives of all ſorts, both fine and coorſe; you ſhall have

have fair Tables to mould on, large Ovens to bake in, the ſoals thereof, rather of one or two intire ſtones, than of many bricks, and the mouth made narrow, ſquare, and eaſie to be cloſe covered; as for your peels, cole-rakes, maukins, and ſuch like, though they be neceſſary, yet they are of ſuch general uſe they need no further Relation. And thus much for a full ſatisfaction to all the *Husbands* and *Houſe-wives* of this Kingdome, touching Brewing, Baking, and all whatſoever elſe appertaineth to either of their Offices.

Chmielecki 9402

The End of the Engliſh Houſe-wife.